Rethink your **Drink**

**RED**
Drink Rarely, If At All
- Regular sodas
- Energy or sports drinks
- Sweetened coffee/tea drinks
- Fruit drinks

**YELLOW**
Drink Occasionally
- Diet soda
- Low-calorie, low-sugar drinks
- 100% juice

**GREEN**
Drink Plenty
- Water
- Seltzer water
- Skim or 1% milk

Drinking sugary beverages can lead to diabetes, hypertension and some types of cancers. Research shows that making healthier drinks more affordable and convenient helps everyone make healthier decisions. **Go on GREEN today!**

[www.preventobesityil.org](http://www.preventobesityil.org) • #RethinkYourDrinkIL

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