RETHINK YOUR DRINK

STOP — Rethink Your Drink. Help end the suffering from diabetes, cancer and heart disease in your community.

www.preventobesityil.org. #RethinkYourDrink

This message was funded in part by a grant from Voices for Healthy Kids, an initiative of the Robert Wood Johnson Foundation and American Heart Association.

DRINK RARELY, IF AT ALL
- Regular sodas
- Energy or sports drinks
- Sweetened coffee/tea drinks
- Fruit drinks

DRINK OCCASIONALLY
- Diet sodas
- Low-calorie, low-sugar drinks
- 100% juice

DRINK PLENTY
- Water
- Seltzer water
- Skim or 1% milk
- Unsweetened coffee/tea drinks

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