

100%
JUICE **MILK**
WATER

SAY... *Yes!*

DRINK PLENTY OF WATER.
8 CUPS WILL DO!

NATURALLY FLAVOR WATER WITH
LEMON, LIME, OR CUCUMBER WEDGES.

DRINK NUTRIENT RICH LOW-FAT OR SKIM MILK.

DRINK 4-6 OZ. OF 100% JUICE PER DAY.

TRY UNSWEETENED TEA.

SODA/POP (diet and regular)
SWEETENED TEAS
VITAMIN INFUSED WATER
SPORTS DRINKS
ENERGY DRINKS
ALCOHOLIC DRINKS
JUICE THAT IS NOT 100%
COFFEE

SAY... *No!* **SUGAR**
CAFFEINE empty
calories

For more, visit healthysd.gov.