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.

SAY...No!  SUGAR CAFFEINE empty calories

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