

Don't Drink Your Calories!

Do Choose:

Bottled Water
Reduced Fat Milk
100% Juice
Diet Soda



Don't Choose:

Soda
Sports Drinks
Blended Juice Drinks
Whole Chocolate Milk

3 Ways to Reduce Beverage Calories:

Eat whole fruit instead of drinking fruit juice.
Use skim milk or fat-free cream in your coffee.
Drink 6 to 9 glasses of water a day.



Balance what you choose to eat with how you move.

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You Since 1821.

