

STOP. RETHINK YOUR DRINK. GO ON GREEN.



Red - Drink Rarely, If At All

- Regular sodas
- Energy or sports 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



Building a Healthy Boston
Mayor Thomas M. Menino

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Visit www.bphc.org/chronicdisease
for more information.