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

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