

# STOP. RETHINK YOUR DRINK. GO ON GREEN.



## RED: Stop! Drink rarely, if at all.



- Regular sodas
- Energy and sports drinks
- Fruit drinks
- 100% juice (over 4 ounces)

## YELLOW: Caution! Drink occasionally.



- Diet soda
- Low-calorie, low-sugar drinks
- 100% juice (4 ounces or less)

## GREEN: Go! Drink plenty.



- Water
- Seltzer water
- Skim or 1% milk (unflavored)
- Unsweetened herbal tea

Rady  
Children's  
**Healthy Connections**  
Mind  
Body  
Spirit

For more information, visit:  
[www.rchsd.org/ryd](http://www.rchsd.org/ryd)

