

# Choose Health. Drink Water.

## It's Time to Rethink Your Drink.

### *Whoa! Drink rarely.*



- Regular soda
- Energy drinks
- Sports drinks
- Pre-sweetened coffee and tea
- Juice drinks with added sugar
- Flavored milk

### *Slow... Drink occasionally.*



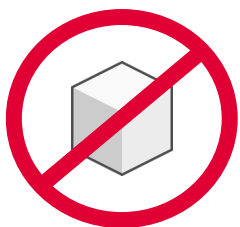
- Diet soda
- Diet iced tea
- 100% fruit juice (6 oz. or less)
- Diet sports drinks
- Other low-sugar drinks

### *Go! Drink daily!*

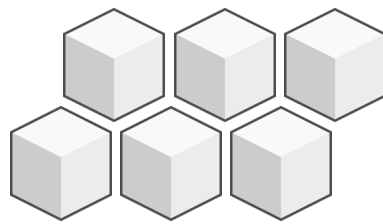


- Water
- Seltzer water
- Club soda
- Unflavored milk
- Unflavored milk alternatives (e.g. soymilk, almond milk, etc.)
- Unsweetened coffee and tea

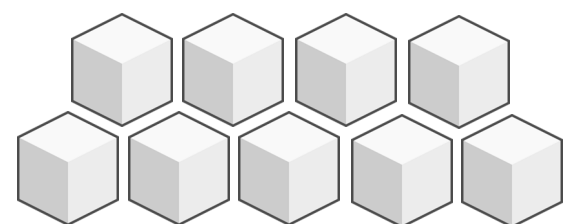
The American Heart Association recommends limiting your daily **added sugar** consumption to:



**0** teaspoons for children under 2



**6** teaspoons for women and children



**9** teaspoons for men