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