



Drink Plenty



- Zero-calorie water
- Tea/Coffee without sugar
- Low-fat (1%) or fat-free milk, plain

Drink Occasionally



- Diet drinks
- Reduced-fat (2%) milk, plain
- 100% fruit or vegetable juice

Drink Rarely



- Soft drinks (e.g. soda pop)
- Sports and energy drinks
- Fruit drinks or punches
- Whole or flavored milk drinks
- Other sweetened drinks