

# Guide to Healthy Drinking

Drink  
Everyday

## Everyday

- Water is the healthiest choice
- It is OK to drink water any time
- **EXAMPLES:** water, water with fruits, sparkling water



Drink  
Sometimes

## Sometimes

- More sugar
- Decide with your family or caregiver how often is "sometimes"
- **EXAMPLES:** sports drinks, lemonade, chocolate milk



Drink on  
Special  
Occasions

## Special Occasions

- A lot of sugar
- Decide with your family or caregiver how often is a "special occasion"
- **EXAMPLES:** soda/pop, energy drinks, milkshakes

