

What's In Your Drink?



Make it a Healthy One!

Skim milk has 90 calories, Vitamin D and calcium, but no added sugar.



Drink small servings (4oz) of 100% fruit or vegetable juice.



Water is still the perfect drink!!



While some sport drinks and sodas may be sugar free, they should not be used to replace fluids that offer nutrients.



Use skim milk and skip the whipped cream in coffee beverages.

For more information go to
<http://doh.sd.gov/> or
<http://www.HealthySD.gov/>

To reorder this poster go to:
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