

RETHINK

YOUR DRINK

SKIP THE SUGARY DRINKS AND CHOOSE WATER.

Sugary drinks put people at risk for heart disease,
Type 2 diabetes, tooth decay and more.

YOU WOULDN'T LET YOUR CHILDREN HAVE

SIX DONUTS

IN ONE DAY.

SO, DON'T LET THEM DRINK THAT POP.



20 oz.
POP



6
DONUTS



18
COOKIES

Source from USDA.gov

rethinkyourdrinkmi.org