

# 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

[rethinkyourdrinkoh.org](http://rethinkyourdrinkoh.org)