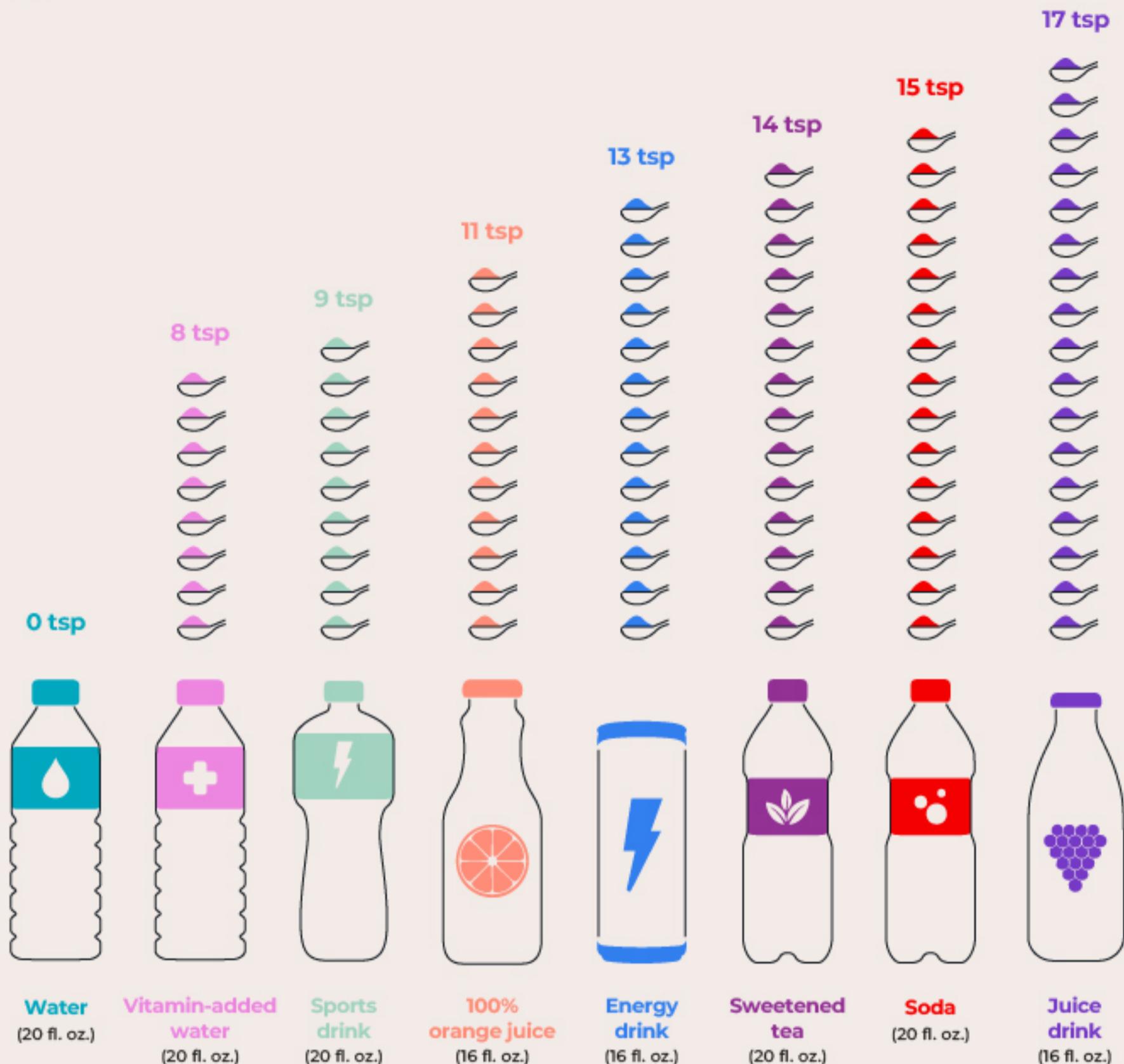


# rethink your drink

The beverages you drink can have a big effect on your health



**Recommended daily added sugar limit for kids: 6 tsp**

\*Sugar measurements are approximate and vary by product.

children's **health** 