



FRUIT-FLAVORED DRINKS **SOUND** HEALTHY

but the added sugars in most of them

can bring on obesity and diabetes.

**REPLACE SUGARY DRINKS WITH WATER, SELTZER,
UNSWEETENED TEAS, FAT-FREE MILK AND FRESH FRUIT.**

For more information, talk to your doctor,
call 311 or visit nyc.gov/health and search **sugary drinks**.

NYC
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