## Beverage Choices: Which Do You Drink?



## Orange soda

Flavored water, sugar, corn syrup, caffeine.

Avoid sodas and other soft drinks ("sport" drinks, juice-flavored beverages).

May contribute to a reduced intake of other beverages including low-fat milk, water and $100 \%$ fruit juices.


## Flavored milks

Flavored milks offer a well-accepted nutritious alternative to soft drinks.

Children who drink flavored milk have a lower soft drink intake, higher calcium intakes and do NOT have increased sugar intakes.

State of North Carolina - Michael F. Easley, Governor | Department of Health and Human Services - Carmen Hooker Odom, Secretary | Division of Public Health - Nutrition Services Branch

