

# (T-4) How to Re-Think Your Drink



Next time you choose a drink, stop and take time to ***“Re-Think” Your Drink*** and decide whether it is the best choice.

Consider these 3 things when choosing a drink:

## Quench Your Thirst

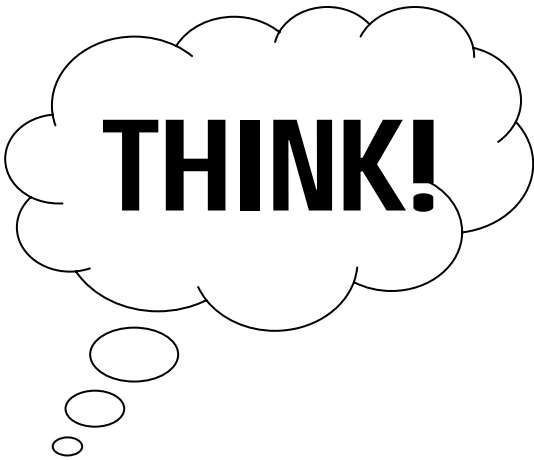
- If you have been active or are very thirsty choose a hydrating drink like water

## Build Strong Teeth

- Choose a drink low in sugar and better for your teeth, like milk or water.

## Fuel Your Body

- If you are hungry or missed a snack choose a drink high in vitamins and minerals like milk or 100% fruit juice.



Now, all you have to do is enjoy your good drink decision!