STOP. RETHINK YOUR DRINK.
GO ON GREEN.

Red - Drink Rarely, If At All
- Regular sodas
- Energy or sports drinks
- Fruit drinks

Yellow - Drink Occasionally
- Diet soda
- Low-calorie, low-sugar drinks
- 100% juice

Green - Drink Plenty
- Water
- Seltzer water
- Skim or 1% milk

Leading the way to improve food and beverage environments in Kansas hospitals.

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Special thanks to Building a Healthier Boston for the use of this poster.
Yellow: A better choice. Drink occasionally.

6 to 12g of sugar per 12 oz or contains artificial sweeteners

“YELLOW” beverages have moderate amounts of sugar and sodium, or contain artificial sweeteners. 100% fruit juice and flavored low-fat milk may have more than 12 grams (g) of sugar because they contain natural sugars, but may still be consumed in small portions of 8 oz or less because they contain important nutrients.

Diet and “light” drinks that are artificially sweetened may increase taste preferences for sweet foods and drinks, which contribute to weight gain. Diet drinks can be used as a way to switch from RED choices to GREEN choices.

Examples:
- Diet soda
- Diet iced tea
- 100% fruit juice (in small portions)
- Low-calorie sports drinks
- Sweetened soymilk (in small portions)
- Flavored 1% milk (in small portions)
- Other low-sugar drinks

Red: Stop and think! Drink rarely, if at all.

Over 12g of sugar per 12 oz

“RED” beverages are high in sugar. Many also have high sodium and/or fat content. Red drinks contain “empty” calories, with little or no nutrients, and can contribute to weight gain and other chronic diseases like Type 2 diabetes and heart disease.

Examples:
- Regular soda
- Energy drinks
- Sports drinks
- Pre-sweetened coffee and tea drinks
- Juice drinks with added sugar
- Whole or 2% milk

Green: The healthiest choice! Drink plenty.

0 to 5g of sugar per 12 oz

“GREEN” beverages have no added sugars and artificial sweeteners. These are the healthiest choices, especially tap water. Water hydrates the body, quenches thirst, and supports other bodily functions necessary for overall health. Low-fat milk contains natural sugars and healthy nutrients. It should be consumed in portions that are 8 oz or less.

Examples:
- Water
- Seltzer water
- 1% or skim milk (in small portions)
- Unsweetened soymilk (in small portions)