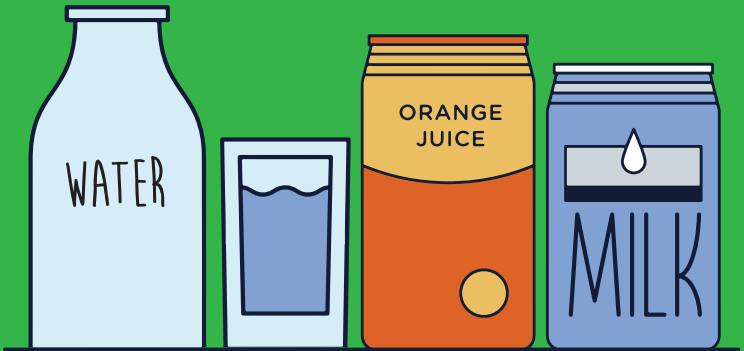


SIP SMARTER

Make better beverage choices.



EAT BETTER. LIVE BETTER.

Wellness Wednesday

SIP SMARTER TIPS

Drink water instead of sugary drinks. Kids—and adults—can fill up on sweetened drinks and not have an appetite for the foods they need for growth and health.

DID YOU KNOW?

There are about 10 packets of sugar in a 12-ounce soda. Fruit drinks and sports drinks are other types of sugary drinks.

Make water, low-fat or fat free milk, or 100% fruit juice easy beverage options in your home.

This message is brought to you by Live Better and our partner Old Towne Nutrition.



Live Better is an Archbold Medical Center-led collaborative of key community leaders and partners focused on improving the overall health of citizens in Thomas County.