



EAT WELL HERE

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**Everything you eat and
drink over time matters.
The right mix can help you
be healthier now and in
the future.**





DRINK WATER INSTEAD OF SUGARY DRINKS

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- Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.
- Coffee, tea, and flavored waters can be healthy choices, but watch out for extra calories from added sugar, flavorings, or cream.





EAT WELL HERE

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**You make thousands
of decisions every day.
Luckily this choice
is easy.**





EAT WELL HERE

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**You need fuel.
Choose wisely.**

