

WATER FIRST FOR THEIR THIRST!

Experts recommend that children (over age 1 year) drink water when thirsty.

Some drinks call themselves "a water beverage," but they often have **added sugar** and **diet sweeteners**. Check the ingredients list on the Nutrition Facts!

THESE DRINKS ARE NOT WATER:



CONTAINS:

- High fructose corn syrup
- Diet sweetener (Sucralose)



CONTAINS:

- Added sugar



CONTAINS:

- Added sugar
- Diet sweetener (Stevia)