

What to do for ...

HEALTHY SUGARED DRINK INTAKE: Eat plenty of fresh fruits and vegetables – they contain a lot of water. Drink water before, during and after exercise. Sport drinks are not needed until exercise lasts more than 60 minutes.

HEALTH RISK SUGARED DRINK INTAKE: Eat plenty of fresh fruits and vegetables – they contain a lot of water. Drink water before, during and after exercise. Sport drinks are not needed until exercise lasts more than 60 minutes. Try diet drinks or water with a twist of lemon or lime. See your doctor, a nutritionist, or community health worker for help selecting healthier drinks.

UNHEALTHY SUGARED DRINK INTAKE: See your doctor, nutritionist, or community health worker for ideas on how to reduce your sugared drink intake.

Get more information

ABOUT SUGARED DRINKS AND HEALTHY DRINKS BY...

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at www.CRCH.wvsom.edu, by calling 800-566-1258, or by e-mail CRCH@osteop.wvsom.edu
- Talking with a Community Health Education Resource Person (CHERP) in your community. To find a CHERP near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking _____

Identification _____

