

# CUT OUT



# SUGARY BEVERAGES

## BINGO

GET 3 IN A ROW FOR A BINGO

Drink tea instead of coffee	Infuse your water with different fresh fruits	Try sparkling water for that bubbly feeling
Add fresh vegetables to your smoothie	Refresh with a glass of coconut water	Give plant based milk a try (soy, almond)
Add fresh juice to sparkling water	Juice fresh vegetables	Try Kombucha (a fermented tea)

## SUGARY DRINKS CAN INCREASE YOUR RISK OF:

- Cavities
- Type 2 diabetes
- Unhealthy weight gain and obesity
- Heart disease

Name:

