

FRUIT DRINK LABELS ARE DESIGNED WITH HYPE AND BUZZ WORDS.



Shows fruits
that aren't in
the drink.

Appears
healthier
than it is.

What's actually
in this drink?

Turn the card around
for the truth.

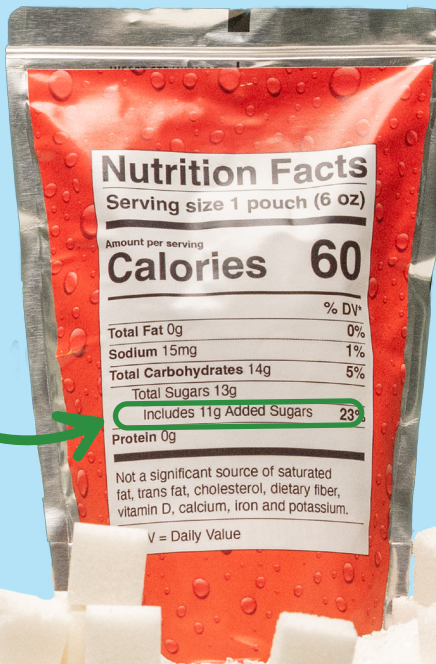
HERE'S THE TRUTH:

THESE DRINKS ARE OFTEN LOADED
WITH ADDED SUGAR.

See all that
added sugar?

Ignore the hype
on the front.

Look at the
facts.



Pick drinks with
0 GRAMS
of added sugar.

Choose water or
plain milk.



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