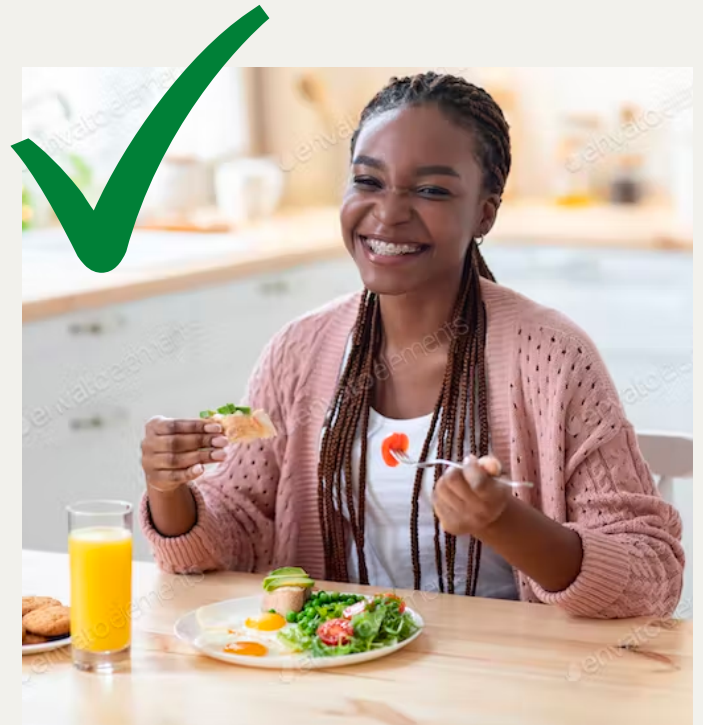


# Limit Drinks With Sugar To Mealtime

**NO**



**YES**



**DRINK WATER  
BETWEEN MEALS**