START THE SCHOOL YEAR RIGHT!

Your Drinks Add Up!

Active teenagers need 2,000 - 2,400 calories per day.

113

160

120

293

250

200

= 1,136 calories

Calories from these drinks = LOTS of calories, but little nutritional value.

Healthy Choices = A Smarter YOU!

Choose water and low-fat dairy drinks instead!

Fairfax County Health Department
703-246-2411 • TTY 711 • fairfaxcounty.gov/hd

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SCHOOL HEALTH SERVICES
HEALTH PROMOTION