

**THINK**  
**BEFORE**  
**YOU DRINK.**  
**CHOOSE**  
**WATER**



**8<sup>3/4</sup>** TEASPOONS  
**SUGAR**

**0** TEASPOONS  
**SUGAR**

**0 SUGARY DRINKS = A HEALTHIER YOU**



Fairfax County Health Department  
703-246-2411 • TTY 711 • [fairfaxcounty.gov/hd](http://fairfaxcounty.gov/hd)



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