You are what you eat

Unhealthy Choices

Healthy Choices
I'M HARD HEADED

Mom says I have to wear a helmet when I ride my bike—or I have to walk.

A fatal injury is 20 times more deadly without a safety helmet. Wearing a helmet can reduce the risk of a fatal injury by 85%.

BE HARD HEADED
HELMETS SAVE LIVES

Think
American Association of Neurological Surgeons
Rethink your drink!

- **Tazo Organic Green Tea, Iced; 13.8 oz Bottle - 30 grams (7.5 tsp)**
- **Dragon Fruit; 20 oz bottle - 31 grams (7.75 tsp)**
- **Hot Chocolate packet from UPMC kitchenette - 16 grams (4 tsp)**
- **Gatorade Original Thirst Quencher, Orange; 32 oz Bottle - 53 grams (13.25 tsp)**
- **Naked Juice, Blue Machine; 15.2 oz Bottle - 58 grams (14.5 tsp)**
- **Capri Sun Maui Cooler; 11 oz Packet - 33 grams (8.25 tsp)**
- **Nesquik Fat Free Chocolate Milk; 14 oz Bottle - 56 grams (14 tsp)**
- **Mountain Dew; 20 oz bottle - 77 grams (19.25 tsp)**
- **Simply Orange 100% Orange Juice; 11.5 oz Bottle - 33 grams (8.25 tsp)**
- **Red Bull Energy Drink, Original Green; 16 oz Can - 52 grams (13 tsp)**
- **Snapple Fruit Punch; 16 oz Bottle - 47 grams (11.75 tsp)**
- **Starbucks Frappuccino Chilled Coffee Drink; 13.7 oz Bottle - 45 grams (11.25 tsp)**