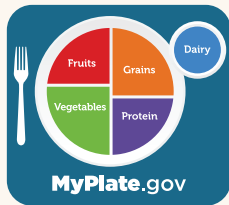


# Choose Water

QUENCH YOUR THIRST.

Choose water without added sugar, flavors or calories.



Evidence-based health material brought to you by Nebraska Extension.