

Healthy Living *...for life!*

Nutrition Services • Alameda County Public Health Department

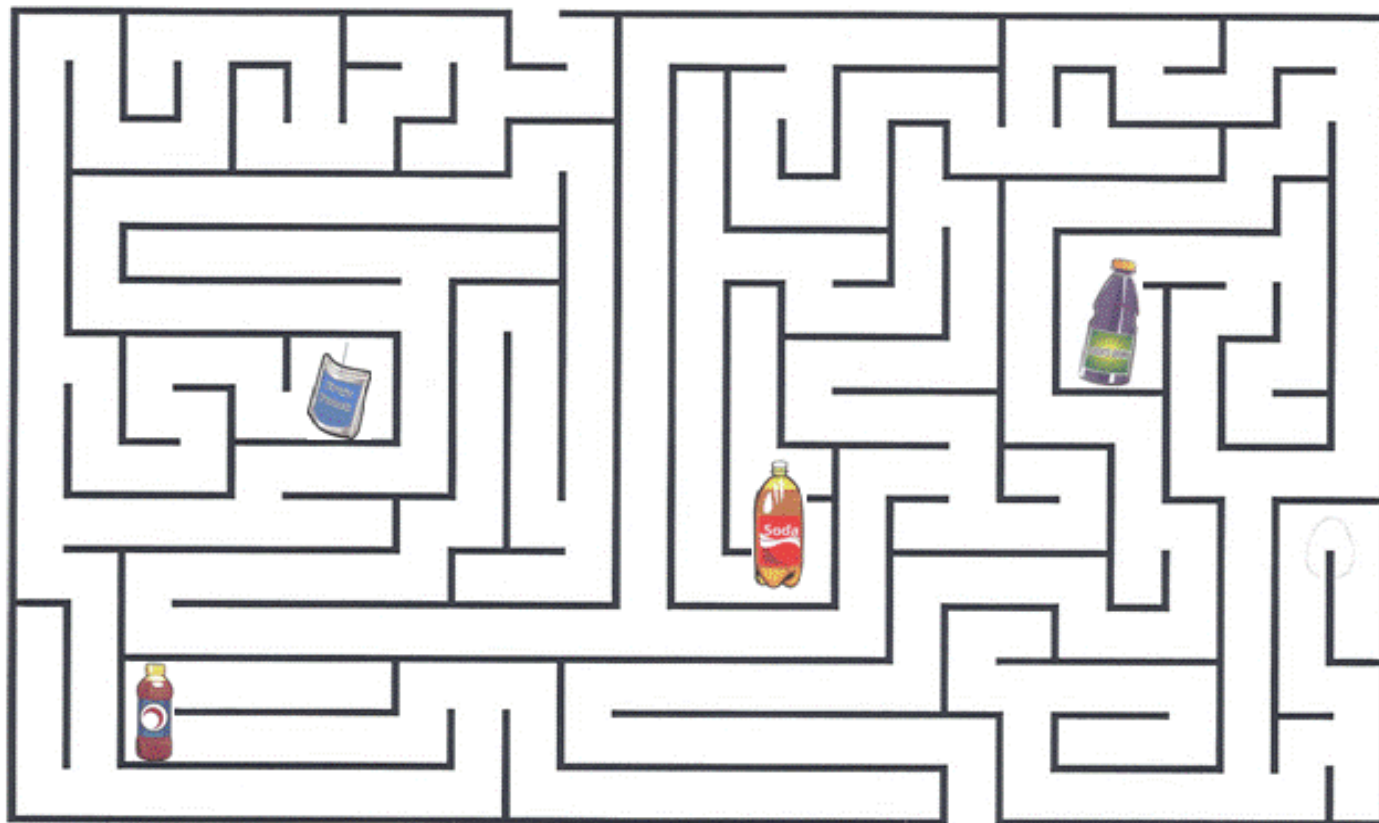
Sugar Savvy Maze

Sugary drinks are dead ends in this maze. Water is best!

Find your way through the maze to make your way to healthy water!

Drink less sugar and calories for better health!

Start Here ↓



Winner!



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This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.