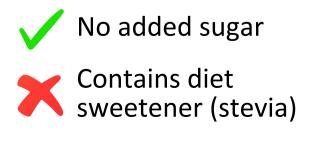
How to find an unsweetened children's drink

- 1. Check the label for added sugars
- 2. Check the ingredient list for **diet sweeteners**: stevia, sucralose, monk fruit, aspartame, acesulfame potassium, advantame, neotame, saccharin

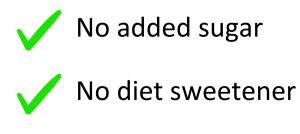
Sweetened drink





Unsweetened drink







Learn more at: <u>uconnruddcenter.org/healthydrinksforkids</u>