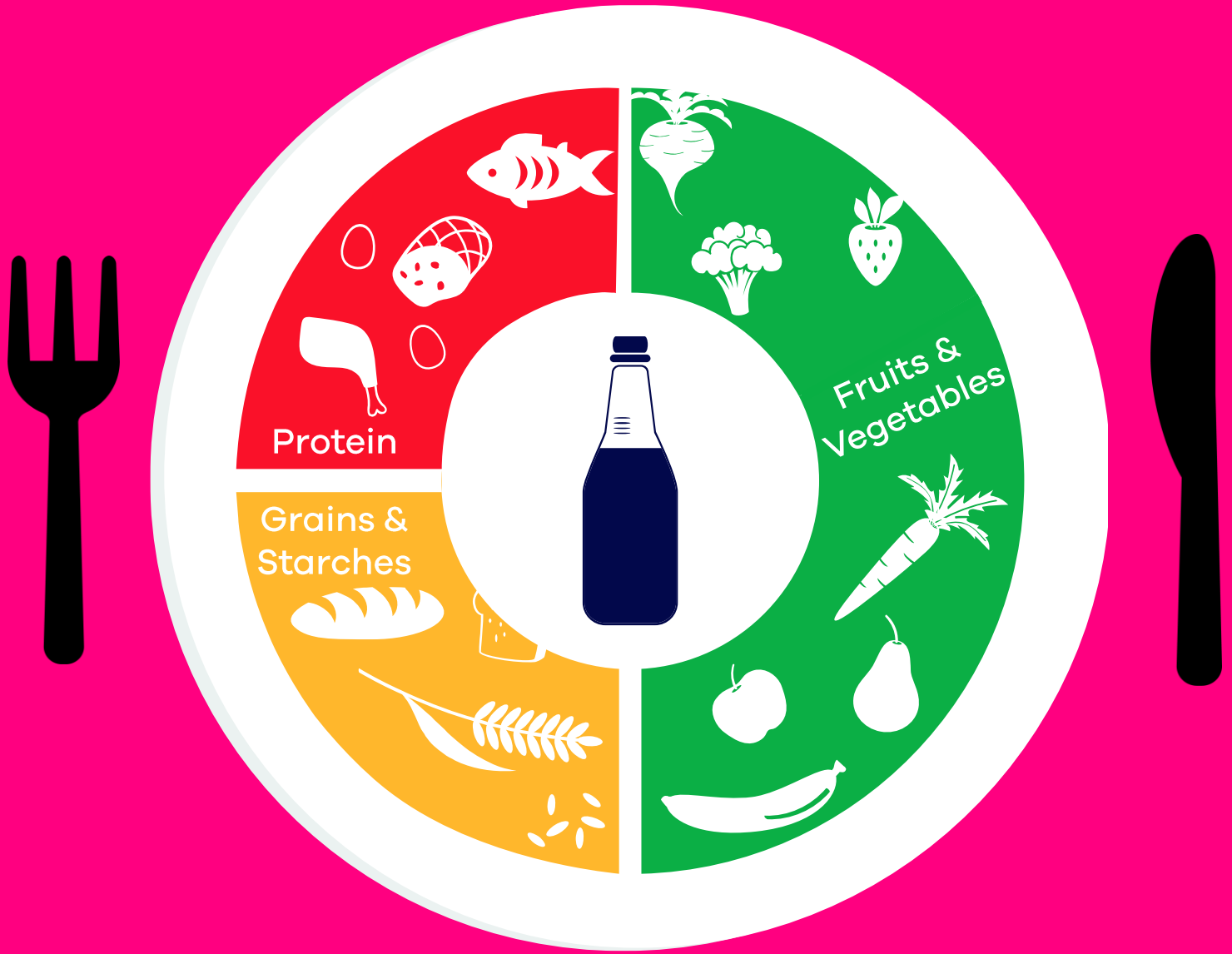




PROJECT
BREAD

A BALANCED PLATE



SUGARY BEVERAGES

- **Children under 2 years** should not have sugar-sweetened beverages.
- **Children 2+ years** can choose some drink options with less than **10 GRAMS** of sugar per serving.
 - **Serve sugar-sweetened beverages rarely.**

