

Did you know?

It is best to cool off with a refreshing beverage that is **GOOD** for your body!

MILO CHOCOLATE MILKSHAKE



550 CALORIES
15 TSP. SUGAR

FRESH FRUIT SMOOTHIE

with
condensed milk



800 CALORIES
40 TSP. SUGAR

ICE WATER



0 CALORIES
0 SUGAR



*Nova Southeastern University Quality of Life Grant funded
www.NSUCaribbeanhealth.com

Healthy Eating, Active Living