



# FOOD FOR THOUGHT

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## CHOOSE WATER

Making smart drink choices is as important as your food choices. Staying hydrated is crucial for good health and water is the best choice. Drinks such as sodas, energy drinks, and juice should be limited or avoided.

Learn more at [livewellpei.ca/eatwell](https://livewellpei.ca/eatwell)



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*together we can*

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