

BE WELL

BUILD HEALTH INTO YOUR DAY, YOUR WAY.



SUGAR SWEETENED BEVERAGES

Water Does Wonders

Why choose water first for thirst?

- Eating habits are set early in life. When children are used to drinking water at a young age, they are more likely to drink water as they get older.
- When children choose water first for thirst they are more likely to take in fewer total calories each day.
- Sugar sweetened beverages are high in sugar and low in nutrient. It is recommended that adults and children have no more than 10% of their daily calories from added sugars.
- Too much sugar increases the risk for heart disease, type II diabetes, tooth decay and contributes to an unhealthy weight.

What is a sugar sweetened beverage?

- Pop/soft drinks
- Fruit drinks/juice
- Sports drinks
- Energy drinks
- Sweetened milks
- Specialty coffee/tea

Tips to help make water the first choice

- Keep a pitcher of water on the kitchen counter or in the fridge.
- Put water on the table at mealtimes.
- Pack a re-usable bottle of water for school, sports, work or activities.
- Encourage your kids to drink water when they are thirsty.
- Add fruits to water such as lemons, limes, frozen berries or orange slices for natural flavours and colour.
- Be a role model, drink water for thirst.

Make water the easy choice for your kids and keep them sipping throughout the day

Did you know?
Beverages account for almost half (44%) of kids' sugar intake every day!



Check out more Be Well tools and resources by visiting www.bewellcommunity.ca

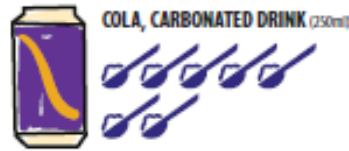
10 5 2 1 0



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TEASPOONS OF
SUGAR IN 1 PLAIN
GLASS OF WATER



4 GRAMS
OF SUGAR



FRUIT JUICE VS FRESH FRUIT



Real fruit provides an important source of fiber.

