






Better Beverages



Canada's Food Guide Recommends

- To satisfy your thirst with water; drink more water in hot weather and when you are very active.
- To limit beverages that are high in calories and low in nutrients.
- To drink lower fat milk and water with meals.

	Examples	How Much?
GO Choose Most Often <i>- Full of nutrition</i> <i>- Low in sugar</i>	<ul style="list-style-type: none"> ▪ Milk – choose skim, 1% or 2% 	<ul style="list-style-type: none"> ▪ 2 cups (500 mL) a day for adequate vitamin D 
	<ul style="list-style-type: none"> ▪ Water 	<ul style="list-style-type: none"> ▪ Drink throughout the day to quench thirst
YIELD Choose Sometimes <i>- Nutritious</i> <i>- Contain more sugar (natural or added sugar)</i>	<ul style="list-style-type: none"> ▪ 100% Unsweetened Fruit Juice 	<ul style="list-style-type: none"> ▪ 3 years old and up: maximum 1 cup (250mL) per day ▪ 1-2 times a week 
	<ul style="list-style-type: none"> ▪ Flavoured Milks 	<ul style="list-style-type: none"> ▪ 1-2 times a week
STOP Choose Least Often <i>- Provides little nutrition</i> <i>- Very high in sugar</i>	<ul style="list-style-type: none"> ▪ Pop ▪ Slush Drink ▪ Fruit Punch, drink, cocktail, beverage 	<ul style="list-style-type: none"> ▪ Occasionally ▪ One serving equals 1 cup or 250mL 
NOT RECOMMENDED <i>- Contain very high amounts of sugar and caffeine</i>	<ul style="list-style-type: none"> ▪ Energy Drinks 	<ul style="list-style-type: none"> ▪ Not recommended for children and youth.

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References

1. Health Canada 2007. Eating Well with Canada's Food Guide; A Resource for Educators and Communicators. Accessed May 30, 2014 from www.healthcanada.gc.ca/foodguide
2. Sugar Shocker Kit- Alberta Health Services. Accessed May 30, 2014 <http://www.albertahealthservices.ca/PatientsFamilies/if-pf-nfs-sugar-shocker-kit.pdf>