



Your drink is sweeter than you think!

Most of the sugar in your day comes from what you drink. We think about sugar in the food we eat but many popular drinks have a lot of sugar.

Why you should care:

- Filling up on sugary drinks makes you less hungry for healthier foods.
- Children's small tummies can fill up on sugar fast.
- Sugary drinks can cause tooth decay.

When choosing a drink remember:

- Water is the best choice.
- Most fruit drinks have no real fruit.
- Kids watch what you drink: your pick impacts theirs.
- Read labels.
- Pick drinks with less sugar.
- If sugar is first in the ingredient list then it's high in sugar.

For more information contact EatRight Ontario at 1-877-510-5102 or visit www.eatrightontario.ca.