

BATTLE OF THE BEVERAGES!

Did you know that a 355 mL can of pop has about 9 tsp of sugar? That a 474 mL bottle of fruit drink has about 18 tsp of sugar? Pop and fruit drinks are replacing more nutritious choices in children's lunch bags. Offer only milk, water or 100% unsweetened fruit juice and avoid the pop, 'drinks', 'punches', 'cocktails', or '-ades'.



Visit Canada's Food Guide online at www.healthcanada.gc.ca/foodguide



For More information,
call a Registered Dietitian
at 1-800-660-5853 or 613-345-5685
or visit www.healthunit.org/nutrition

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