

Drop the Pop!



Pick Up Water

Choose tap or bottled water.

Almost 70% of our body is water. Your body needs water all the time, not just when you are thirsty.

Pick Up Milk

Choose 2% or 1%, white or chocolate milk. Aim for 2 to 4 cup servings per day. (1 servings = 1 cup). Milk helps to build strong bones and teeth. This is especially important for children and teenagers.



Pick Up Juice

Choose 100% fruit juice or 100% fruit juice from concentrate. Juices contain natural sugar, so drink it in moderation. Limit juice to 1 to 2 servings per day (1 serving = 1 cup). Beware! Fruit "drinks", "beverages", "cocktails", "punches" and sport drinks are mostly sugar.



Turn over for
**SHOCKING
FACTS**



SHOCKING FACTS

- Excess sugar consumption in children may cause cavities and contribute to obesity.
- Diet pop is not a healthier alternative to regular pop. Diet pop has no vitamins or minerals and it contains acid which is known to be harmful to teeth.
- You are the most important role model for your child. If you drink healthy drinks, your child will be more likely to drink these as well.

Don't be fooled,
read the label
and make your
choices count.
Drop the Pop!
and choose
water, milk
or 100% juice.

Did you know that there is...

- 9-12 teaspoons of sugar in one can of pop?
- 12 teaspoons of sugar in one can of 'fruit drink'?
- 15 teaspoons of sugar in bottled milkshakes?

