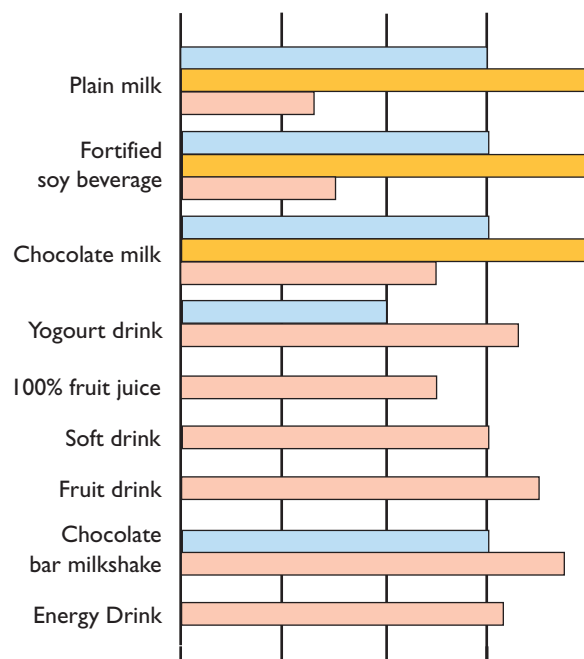
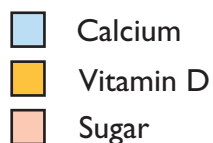


Dare to compare



Amounts of calcium, vitamin D and sugar in some common drinks per 250 mL (8 oz)



BE A WINNER!

Rethink what you drink

Water, milk, and 100% juice are nutritious choices

- Satisfy your thirst with water.
- Be a role model and choose healthy drinks.
- Fill your fridge with healthy drinks.
- Be aware of how much “added” sugar you are drinking. Read the nutrition label.
- Milk and fortified soy beverages are excellent sources of calcium and vitamin D.
- Choose 100% juice to count as a serving of Vegetables and Fruit.
- Limit 100% juice to one cup per day. Choose whole fruit more often.



HEALTHY DRINKS WIN!

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RETHINK WHAT YOU DRINK

CAFFEINE

- Many pop and energy drinks contain caffeine. Too much caffeine can cause nervousness, irritability, difficulty sleeping and rapid heartbeat.
- One can of pop with caffeine has the same effect on a child as four cups of coffee has on an adult.

CAVITIES

- Sugar combines with bacteria in the mouth to form acid.
- Acid weakens tooth enamel.
- Repeated acid attacks cause cavities.
- Diet pop contains acid and also contributes to getting cavities.

STRONG BONES

- It is during childhood and the teen years when bones absorb the most calcium. Children and teens need calcium to build strong bones for life.
- Drink milk instead of pop.

STOP THE POP

- Plain milk and 100% juice have natural sugar, but are full of nutrients and are a healthy choice.
- Drink water instead of pop.

