

# Re-Think Your Drink



Action Schools! BC

Healthy Snacking throughout the day maintains energy for growing, learning and being physically active. Action Schools! BC's snacking activities expose students to the benefits of healthy eating, provide ideas and opportunities for students to make their own snack choices, and encourage them to bring healthy snacks to school. One of the Snacking

Activities is "Re-Think Your Drink". Sugary beverages too often replace nutritious snacks and beverages in young people's diets. This means they might not be getting all the nutrients they need to grow and be active. Those who sip sugary beverages also have a higher risk of tooth decay. See the chart below to make a healthier beverage choice.

## Make a Healthy Beverage Choice

✓✓ Choose Most Often	✓ Choose Sometimes	Choose Least Often
<p><b>WATER</b> – great for keeping hydrated and sipping all day</p> <p><b>MILK/FORTIFIED SOY BEVERAGE</b> – has naturally occurring sugar, and also contains protein, calcium and vitamins A and D</p>	<p><b>100% JUICE</b> – has naturally occurring sugar, and may also contain vitamins C and A, folate, potassium, and antioxidants</p> <p><b>FLAVOURED MILK/ FORTIFIED SOY BEVERAGE</b> – has more sugar than white milk, but has just as much nutritional value</p>	<p><b>SPORTS DRINK</b> – has high sugar content and is not recommended in this age group</p> <p><b>FRUIT DRINK</b> – contains only a small amount of real juice; most of the flavour comes from added sugar</p> <p><b>POP</b> – is high in sugar, has no nutritional value and sometimes contains caffeine which is addictive and can cause sleeplessness</p> <p><b>DIET POP</b> – has no sugar and no nutrients and contains acid which is harmful to teeth, and sometimes caffeine</p>

## How Much Sugar?

Drink	Serving Size	Sugar Content
Vegetable cocktail juice	355 ml	2.7 tsp
1% Milk	250 ml	3 tsp
Chocolate milk	250 ml	5 tsp
Unflavoured soy beverage	250 ml	1 tsp
Flavoured soy beverage	250 ml	6 tsp
100% fruit juice (unsweetened)	250 ml	7 tsp
Fruit drink, beverage, cocktail, punch	250 ml	7.5 tsp
Sports drink	591 ml	13 tsp
Pop, iced tea, energy drink	355 ml	10 tsp
Water	Any amount	0 tsp

Source: Sugar Shocker Education Kit 2004  
Adapted From: Re-Think Your Drink, Calgary Health Region

Limiting the amount of added sugar consumed each day is a step towards achieving a healthy diet. Instead of sugary beverages, choose water, milk or fortified soy beverages.

For more information visit the Action Schools! BC website at [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca). For specific nutrition questions contact Dietitian Services at HealthLink BC – Call 811.

### Did You Know???

Children should consume fewer than 10 teaspoons of sugar per day.

One can of pop contains 10-12 teaspoons of sugar.

