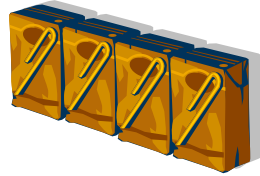


Your drink is sweeter than you think!



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 can also 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:

- Water and milk are the best choices.
- Most fruit drinks have no real fruit.
- Read labels and pick drinks with the least amount of sugar.
- If sugar is first in the ingredient list, then it is high in sugar.
- Kids are watching what you drink: your choice impacts theirs!

For more information contact EatRight Ontario at 1-877-510-5102, www.eatrightontario.ca or visit Ottawa Public Health at www.ottawa.ca/health or 613-580-6744.