

CHOOSING DRINKS..

Wisely!

WATER WINS!

Make it our #1 drink throughout the day! Water increases energy and keeps our bodies working well. I can mix it up by adding lemon, lime, or fruit to the water.



WATER

500 ml
0 tsp

SUGAR SWEETENED DRINKS

MAXIMUM RECOMMENDED DAILY SUGAR INTAKE:

ADULTS – 13 tsp

KIDS – 6 tsp

SPORTS DRINK



500 ml
7 tsp



100% FRUIT PUNCH



500 ml
12 tsp



POP



500 ml
14 tsp



ENERGY DRINK



500 ml
14 tsp



SUGAR ADDS UP QUICKLY!

2 tsp of sugar in morning coffee + 14 tsp in bottle of pop at noon = more than recommended daily limit for adults.

1 cup (250ml) of orange juice at breakfast = 6 tsp of sugar = recommended daily limit for kids.


LARGE SLUSH



1 litre
24tsp



Sugar has many different names and there is no nutritional difference between them. Some examples are: fructose, glucose, maltose, sucrose, fruit juice concentrates, honey, maple syrup, high fructose corn syrup, molasses.

 = 1 teaspoon (tsp) of sugar