

# Thirsty?

## Rethink Your Drink!

Healthy drink choices provide important nutrients for your body to meet everyday needs. Challenge yourself to make healthy drink choices for the next 7 days and beyond!

### GOALS



Today I chose water to drink between meals and snacks.



Today I drank 2 cups of milk.



Today I drank no more than 125 ml (½ cup) 100% fruit or vegetable juice.

Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		

Drinks with sugar (e.g. regular pop, fruit punch, speciality coffee drinks) increase your risk of cavities, weight gain, diabetes, high blood pressure and heart disease.

## Smart Ideas



- Don't like plain water? Add fruit slices (e.g. orange, lemon, lime), cucumber slices or flavoured water mixes.



- To control the amount of added sugar, make flavoured milk yourself using syrup or powder or try flavoured soy beverages.

- To lower the amount of added sugar, make 1 cup chocolate milk using  $\frac{1}{2}$  white milk and  $\frac{1}{2}$  cup pre-made chocolate milk.



- A serving size of juice is 125ml – the same as drinking one small juice box. Be sure to choose 100% pure juice and limit or avoid those with punch, beverage drink blend or cocktails in the name.

## Energy Drinks

Energy drinks are beverages that claim to give an extra boost of energy from caffeine and herbal supplements. They are safe if used in moderation.

- Health Canada recommends no more than 500 ml in one day.
- Can contain 14 tsp or more of sugar which is more than the amount in a can of pop.
- The added natural health ingredients such as guarana, ginseng and taurine have limited scientific evidence to support claims of improved performance.
- Can contain 250mg of sodium which is 17% of your needs – the same amount found in 25 BBQ chips.

## Watching Your Weight?

Keep in mind that the sugar content in drinks adds calories to your diet, so if you are watching your weight, the sugar-free versions may be a better option for you OR choose water for a no calorie, healthy option that is free!

## Coffee and Other Specialty Drinks

Coffee & other drinks can have a lot of added calories & saturated fat. Use these tips to make a “lighter” drink choice.

### Take small steps:

- If you order coffee with 2 creams try 1 cream & 1 milk to start
- If you order your coffee with 2 sugars, try 1 sugar & 1 sweetener
- Try ordering your drink one size smaller

### Order your drink:

- Made with milk instead of cream
- Without added sugar, flavour syrups & whipped topping



For more information or questions about healthy eating call 519-352-7270.

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