

Thirsty?

Rethink Your Drink!



Did you know that one cup (250 ml) of fruit punch has the same amount of sugar as 8 chocolate chip cookies?

Drinks with added sugar increase the risk of cavities, weight gain, diabetes, and heart disease.

For more information, visit www.ckphu.com.



Questions about healthy eating? Call a Registered Dietitian for free at EatRight Ontario at 1-877-510-5102.