

Thirsty?

Rethink Your Drink!



=



600 ml

Did you know that one regular iced tea (600 ml) has the same amount of sugar as 3 pieces of cherry pie?

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.