

Thirsty?

Rethink Your Drink!



591 ml



Did you know that one regular pop (591 ml) has the same amount of sugar as 20 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.