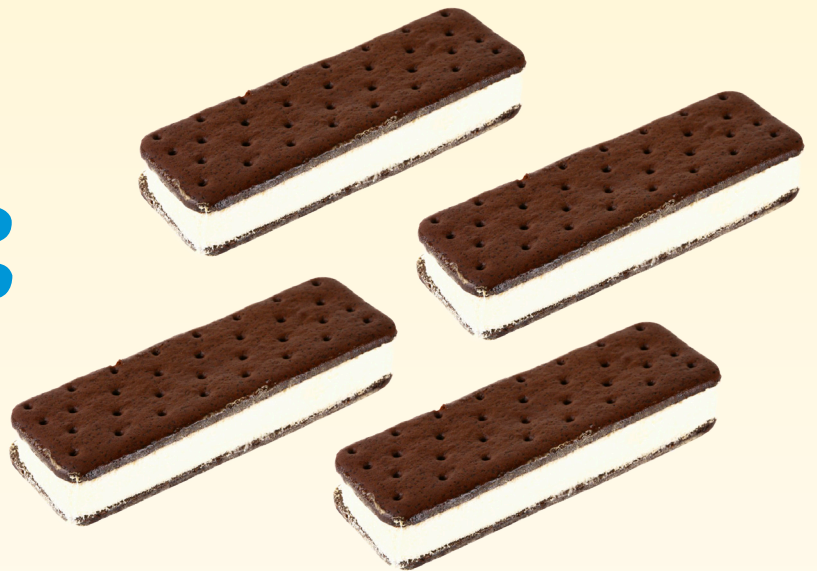


Thirsty?

Rethink Your Drink!



medium



Did you know that one medium slush drink (600 ml) has the same amount of sugar as 4 ice cream sandwiches?

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.