

→ Key Messages and Guide to Making Healthy Drink Choices



# KEY MESSAGES

*Some drinks don't fit into the four food groups in Eating Well with Canada's Food Guide.*

*Added sugar is a major ingredient in many popular drinks.*

*Knowing what is in drinks helps us to make healthy choices.*

*The number and size of servings we drink affects the amount of sugar we consume.*

*Drinking sugary (or artificially sweetened) drinks 'bumps out' nutritious drinks.*

*Some ingredients in sugary drinks other than sugar, such as acid and caffeine, may damage our health.*

*Drink choices can be influenced by various factors, including family, friends and the media.*

*We can decide for ourselves to make healthy drink choices.*

*Drink water - it's always a great choice!*



## Sip Smart!™ Ontario Key Messages Explained

<p>Some drinks don't fit into the four food groups in <i>Eating Well with Canada's Food Guide</i>.</p>	<ul style="list-style-type: none"> <li>• Sugary drinks are beverages that have sugar or sugar syrups added to them.</li> <li>• Sugary drinks include energy drinks, fruit drinks, pop, sports drinks, slushies, specialty coffee and tea drinks, and vitamin-enhanced waters.</li> <li>• Most sugary drinks provide little or no nutrition and take the place of healthier choices like water and milk.</li> </ul>
<p>Added sugar is a major ingredient in many popular drinks.</p>	<ul style="list-style-type: none"> <li>• These words on the ingredient list mean sugar has been added: sugar, brown sugar, cane sugar, beet sugar, sugar/glucose-fructose, dextrose, fructose, high fructose corn syrup, glucose, maltose, sucrose, fruit juice concentrates, honey, molasses, maltodextrin, agave syrup, malt syrup, maple syrup, syrup.</li> <li>• There is little nutritional difference between the types of sugar.</li> <li>• Limiting intake of all kinds of added sugar reduces sugar consumption.</li> </ul>
<p>Knowing what is in drinks helps us to make healthy choices.</p>	<ul style="list-style-type: none"> <li>• Nutrition labels can help us make healthy drink choices.</li> <li>• Labels help us choose drinks that contain no added sugar.</li> </ul>
<p>The number and size of servings we drink affects the amount of sugar we consume.</p>	<ul style="list-style-type: none"> <li>• Many beverages come in very large portion sizes.</li> <li>• Drinking large sizes increases the amount of sugar we consume.</li> </ul>
<p>Drinking sugary (or artificially sweetened) drinks 'bumps out' nutritious drinks.</p>	<ul style="list-style-type: none"> <li>• It's better to get our energy from whole foods rather than sugary drinks or juice. Sugary drinks often replace healthier choices.</li> <li>• Calories from drinks don't fill us up. Sugary drinks can add a significant number of calories to the diet. Some sugary drinks contain as many calories as a whole meal.</li> <li>• Excess unhealthy food and drink choices can increase the risk of diabetes, high blood pressure and heart disease.</li> </ul>
<p>Some ingredients in sugary drinks other than sugar, such as acid and caffeine, may damage our health.</p>	<ul style="list-style-type: none"> <li>• Sipping on sugary drinks throughout the day can harm the teeth leading to cavities and tooth erosion.</li> <li>• Too much caffeine has been shown to disturb sleep and can make people nervous, anxious or jittery.</li> </ul>
<p>Drink choices can be influenced by various factors, including family, friends and the media.</p>	<ul style="list-style-type: none"> <li>• Sugary drinks are readily available and heavily promoted through media advertising, special offers, sporting and entertainment events, movie merchandising and beverage contracts.</li> <li>• In schools, children and youth can be exposed to sugary/unhealthy beverages through vending machines, school canteens, fundraising activities, school parties, and sporting events.</li> <li>• Parents can ensure that only healthy drink choices are available at meals and for snacks. They can encourage children to think of sugary drinks as a food to limit, or an occasional treat.</li> <li>• Parents and teachers can be positive role models by not having sugary drinks themselves.</li> </ul>
<p>We can decide for ourselves to make healthy drink choices.</p>	<ul style="list-style-type: none"> <li>• There are many factors that can influence our decision-making.</li> <li>• Once children understand the ways other people or the media can affect their drink choices, they can learn to decide for themselves to choose healthy drinks.</li> <li>• When we make healthy drink choices, our friends and family are more likely to make those choices too.</li> </ul>
<p>Drink water – it's always a great choice!</p>	<ul style="list-style-type: none"> <li>• Water is the best choice to satisfy thirst.</li> <li>• Drinking water with meals and regularly throughout the day is a sugar free way to keep hydrated, and feel energetic and alert.</li> <li>• Safe water is essential to good health.</li> <li>• Rinsing with water after eating or drinking anything helps to clear sugar and acids from your mouth.</li> </ul>

# → Guide to Making Healthy Drink Choices

Choose Every Day	Choose Sometimes	Avoid
<p><b>Water:</b> Best for quenching thirst. Sip all day to stay hydrated.</p> <p><b>Plain Milk:</b> Has some naturally occurring sugar but also contains key nutrients like protein, calcium, vitamins A and D.</p> <p><b>Unflavoured Fortified Soy Beverage:</b> Is the only plant based beverage that counts as a milk alternative in <i>Eating Well with Canada's Food Guide</i>.</p>	<p><b>100% Fruit Juice:</b> Has naturally occurring sugar, but may also contain some vitamins C and A, folate, potassium, and antioxidants. Limit juice serving size to 125 mL or ½ cup of juice or less for the day when offered.</p> <p><b>Vegetable Juice:</b> Is often high in added salt (sodium).</p> <p><b>Plain Coconut Water:</b> Has some naturally occurring sugar and also contains some potassium. It is not calorie free like plain water.</p> <p><b>Flavoured Milk (e.g., chocolate, strawberry):</b> Contains more sugar than plain milk but has just as much nutritional value.</p> <p><b>Flavoured Plant Based Beverages:</b></p> <ul style="list-style-type: none"> <li>• Flavoured fortified soy beverage that has added sugar.</li> <li>• Rice, hemp, flax, almond beverages because they might have added calcium, vitamin D and other nutrients but don't have the same amount of protein needed for growth and development as plain milk or fortified soy beverage. They may also contain added sugar.</li> </ul> <p><b>Plain Tea:</b> Can be made weak to reduce some caffeine and flavoured with milk (not sugar) as an occasional beverage for children.</p>	<p><b>Sports Drink:</b> Has high sugar content and is intended for use during continuous vigorous activity lasting longer than 60 minutes, or in hot and humid weather.</p> <p><b>Vitamin-Enhanced Water:</b> Is not necessary and can add excess calories to the diet. Can be unsafe for children because of excessive intake of vitamins, minerals and caffeine.</p> <p><b>Flavoured Coconut Water:</b> Can have added sugar, flavours (e.g., chocolate, coffee) and may contain caffeine.</p> <p><b>Fruit Flavoured Drink:</b> Made with water, flavouring and added sugar. Contains only a small amount of real juice, if any. They can be labelled fruit drink, beverage, punch, cocktail or –ade.</p> <p><b>Pop:</b> Is high in sugar and has no nutritional value. Cola often contains caffeine.</p> <p><b>Diet Pop:</b> Has no sugar, but contains acid (harmful to teeth), no nutrients, artificial sweeteners and sometimes caffeine.</p> <p><b>Energy Drink:</b> Has high sugar content and high or very high caffeine content. May also contain harmful additives.</p> <p><b>Bubble Tea:</b> Is very high in sugar and calories from tapioca, fruit-flavoured syrups and condensed milk in addition to tea.</p>

## What do the categories Choose Every Day, Choose Sometimes and Avoid mean?

- **Choose Every Day** – *Canada's Food Guide* advises people to drink water regularly to satisfy thirst and promote hydration. Other beverages in the “choose every day” category are part of *Canada's Food Guide* and have no added sugar. They have high nutritional value and contribute to nutritional well-being through consumption at meals and snacks. They represent the healthiest choices for growing children and teens. They should be consumed several times a day.
- **Choose Sometimes** – Beverages in the “choose sometimes” category offer good overall nutritional value. They are not the optimal choice for growing children and teens either because they have added sugar (e.g., chocolate milk) or because they are less nutritious than the whole food (e.g., vegetable and fruit juices, which lack the fibre found in the whole vegetable or fruit). Without avoiding them altogether, we should limit the serving size and how often we drink them. They should be occasional (i.e., once or twice a week) not daily choices.
- **Avoid** – Beverages in the “avoid” category are drinks (sugary or artificially sweetened) that have little nutritional value and their consumption must be kept to a minimum as advised by *Canada's Food Guide*. They provide few of the nutrients needed by growing, healthy children and bump out the everyday healthy choices.

