



Make Healthy Drink Choices



Choose Every Day

Water

Plain, unflavoured milk/fortified soy beverage



Choose Sometimes

100% juice (fruit, vegetable or combination)

Flavoured milk/fortified soy beverage



Avoid

Fruit drinks

Pop or diet pop, sports drinks and energy drinks

Other sugary drinks

(For example; iced tea, ice slushy, bubble tea)

www.brightbites.ca



Ontario Society of Nutrition
Professionals in Public Health

La société ontarienne des professionnel(le)s
de la nutrition en santé publique

