



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 professionnelle(s)
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