



www.brightbites.ca

Help Children Learn to Make Healthy Drink Choices

- ✓ Free interactive classroom educational program for grades 3-7
- ✓ Tools for schools, families and communities

Take action to reduce intake of sugary drinks!

Choose Every Day – The healthiest choices:

Water

Plain Milk

Unflavoured Fortified Soy Beverage

Choose Sometimes:

100% Fruit Juice

100% Vegetable Juice

Flavoured Milk/Plant Based Beverages
(e.g. soy, almond, rice, etc.)

Avoid:

Fruit Flavoured Drinks

Sports Drinks

Pop & Diet Pop

Other sugar drinks

(e.g. Iced Tea, Energy Drinks,
Slushies, Vitamin-Enhanced Water)



Ontario Society of Nutrition
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