



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 professionnelles
de la nutrition en santé publique

