



## Morning Announcements

Use these morning announcements to start the conversation about healthy drink choices.

Good morning! Did you know that some drinks don't fit in Canada's Food Guide? Sugary drinks have sugar added to them. Energy drinks, fruit drinks, pop, sports drinks and slushies are all examples of sugary drinks. They don't give us the nutrition we need to grow, play and learn. This week Sip Smart!™. Enjoy plain milk with meals. Quench your thirst with water.

Good morning! Did you know that added sugars are found in many popular drinks? Check out the ingredient list on your favourite drink to find out. Other words that mean sugar are: cane sugar, beet sugar, glucose-fructose, dextrose, corn syrup, fruit juice concentrates, honey, molasses, and syrups. This week Sip Smart!™. Enjoy plain milk with meals. Quench your thirst with water.

Good morning! How can you choose a healthy drink? Knowing what is in a drink helps us to make healthy choices. Read the ingredient list and only choose drinks that have no added sugars. This week Sip Smart!™. Enjoy plain milk with meals. Quench your thirst with water.

Good morning! Did you ever notice how some drinks are 'super-sized' and come in very large portions? Drinking large bottles of pop or fruit drinks means we expose our teeth to a lot of sugar. And you know what that could mean – cavities! This week Sip Smart!™. Enjoy plain milk with meals. Quench your thirst with water.

Good morning! What do you drink to quench your thirst? Drinks like pop, fruit punch, slushies, or sports drinks offer little nutrition. Instead, try to enjoy whole foods such as oranges and apples rather than sugary drinks or juice. Don't let sugary drinks take the place of nutritious choices. This week Sip Smart!™. Enjoy plain milk with meals. Quench your thirst with water.

Good morning! Feeling thirsty this morning? Drink water – it's the best choice to satisfy thirst. Drink water regularly during the day – at your desk and when doing sports. It's a sugar free way to keep hydrated. Good hydration helps you to feel energetic and alert. This week Sip Smart!™. Enjoy plain milk with meals. Quench your thirst with water.

Good morning! Do you know how to avoid getting cavities in your teeth? Sipping on sugary drinks during the day can lead to tooth decay. Sugary drinks such as pop or juice also have acid that can wear away the enamel which is the protective coating on your teeth. This week Sip Smart!™. Enjoy plain milk with meals. Quench your thirst with water.

Sip Smart!™ was developed by the BC Pediatric Society and the Heart and Stroke Foundation. The Ontario Society of Nutrition Professionals in Public Health holds the license for Sip Smart!™ Ontario. Contact them at <http://www.osnpnh.on.ca/contact-us> if you have questions about the license or the program.



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