



Drink More Water!



0 sugar added beverages



Helps with hydration:

Drinking water helps with proper hydration. It gives us the fluids we need to keep our bodies working well.



Supports better health:

Less is best when it comes to sugary drinks. They have very little nutritional value and can cause cavities.



Make water your first choice:

Plain milk and plant-based beverages are also healthy choices.

Tips to drink more water

- Keep a pitcher of cold water in the fridge.
- Bring a bottle of water along with you.
- Keep sugary drinks out of the house.
- Choose a bottle you like to drink from.
- Be a role model by making healthy drink choices.
- Add slices of fresh fruit to your water for extra flavor.
- Use herbs and spices such as mint, ginger, rosemary or cinnamon, for extra flavor.
- Enjoy your coffee or tea without sugar.

How much sugar is in your drink? (1 cup / 250 mL)*



Water has **0** sugar



Juice has **6** teaspoons



Sports drinks have **4** teaspoons



Iced tea has **4** teaspoons



Chocolate milk has **6** teaspoons



Energy drinks have **7** teaspoons



Slushies have **8** teaspoons



Pop has **7** teaspoons

*Please note that the amount of sugar in drinks may vary depending on the manufacturer.

