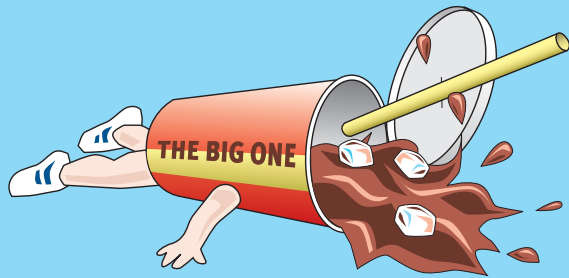


Liquid Candy

Sports drinks, pop and other sugar-sweetened drinks can cause cavities and provide little nutrition.



- Too often, children are offered sports drinks, slushes, fruit beverages or pop. These drinks provide too much sugar and have very little nutrition for healthy growth.
- Energy drinks are not recommended for children. They contain caffeine, herbs and sometimes supplements. Their long-term effect on children is unknown.
- Any drink labelled as 100% fruit juice is real unsweetened fruit juice. If called fruit "drink, punch, ade, beverage or cocktail" the drink has little or no real fruit juice in it. This means it is mostly sugar, flavour and water, and low in nutrients.
- To prevent cavities, rinse your mouth with water or brush with fluoridated toothpaste immediately after drinking a sweet drink.

Think Before You Drink!



Water, milk and 100% juice are healthy choices.

- Water is the best choice during and after exercise for most children. Sports drinks are not needed for a one-to-two hour minor sport.
- Milk and fortified soy beverages are excellent sources of calcium and vitamin D. Drink 500 ml (2 cups) skim, 1%, 2%, milk each day.
- Children aged one to six years should not drink more than 125 - 175 ml (4 - 6 oz.) per day of 100% fruit juice. Children age seven to 18 years should not drink more than 250 - 375 ml (8-12 oz.) per day.

Updated April 2017



Simcoe

P.O. Box 247, 12 Gilbertson Drive
Simcoe, ON N3Y 4L1
519.426.6170 / 519.582.3579 /
905.318.6623 Ext. 3293

Caledonia

282 Argyle Street South
Caledonia, ON N3W 1K7
905.318.6623 Ext. 3293

Email: info@hnhu.org • Web: www.hnhu.org



SCHOOL HEALTH TEAM

RETHINK
Your Drink

Drink to Your Health

Choose water, milk or
100% juice.



CAFFEINE

- Many pop and energy drinks contain caffeine. Drinking one can of pop with caffeine affects a child as much as four cups of coffee affect an adult.

Rethink Your Drink

Choose water, milk or 100% juice.

CAVITIES

- Sugar combines with bacteria in the mouth to form acid.
- Acid weakens tooth enamel.
- Repeated acid attacks cause cavities.
- Diet pop contains acid and also contributes to getting cavities.

STRONG BONES

- Healthy drinks such as milk should not be replaced by pop or other drinks.
- Bones absorb the most calcium during

childhood and the teenage years. Calcium intake during these years will help build strong bones for life.

HEALTHY DRINKS WIN!

START

DRINK TO YOUR HEALTH

- Water with fluoride prevents cavities.
- Milk has calcium and vitamin D to build strong teeth and bones.
- 100% fruit juice contains vitamins.