



Drink sizes and sugar content are approximate. Numbers represent the amount of sugar in teaspoons.

Many drinks, such as 100% juice, chocolate milk, and sports drinks are loaded with sugar.

Sugary drinks bump out the good nutrients that kids need to feel good and perform their best.

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Choose Water



Make it easy

for kids to choose water instead of sugary drinks!



How do sugary drinks impact a child's health?

Sugary drinks make up the largest amount of sugar in childrens' diets. Consuming too many sugary drinks can lead to cavities, heart disease, stroke, diabetes, and some cancers.

How much should I limit sugary drinks to?

Less is best. Drink water and plain milk most of the time, and only offer sugary drinks occasionally.



Keep sugary drinks out of the home most of the time.

Keep the fridge stocked with a pitcher of cold water and plain milk.



Together, let's make water the drink of choice, and reduce sugary drinks at sports, events, and celebrations.



Parents can be positive role models by drinking water. When we make healthy choices, our friends and family are more likely to make healthy choices too!

Pack a reusable water bottle in your child's lunch bag.

Carry a reusable water bottle throughout the day, and refill it as you go.

