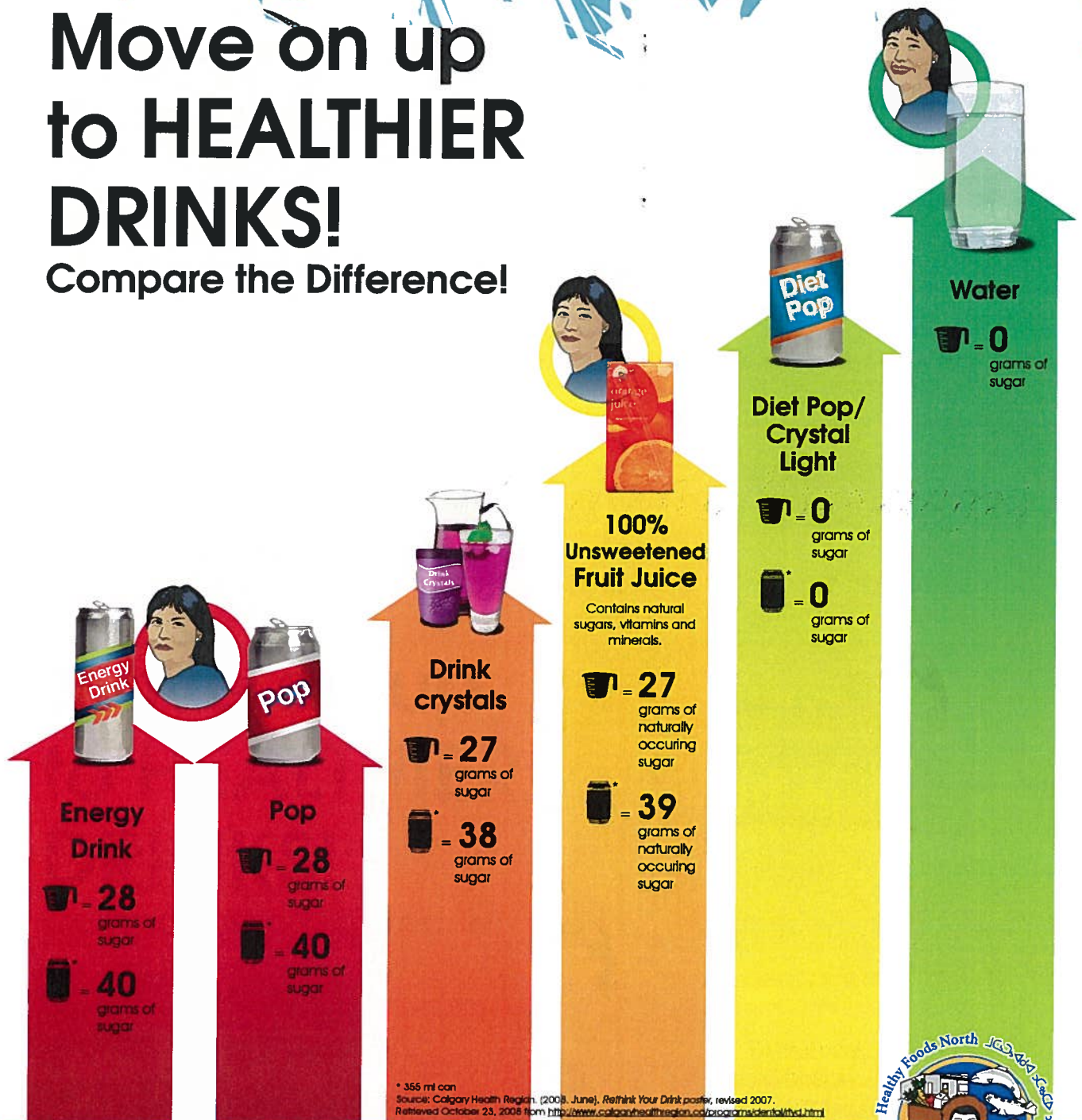


Eat Well, Live Long, Pass it on

Healthier Beverages

Move on up to HEALTHIER DRINKS!

Compare the Difference!



* 355 ml can
Source: Calgary Health Region. (2008, June). Rethink Your Drink poster, revised 2007.
Retrieved October 23, 2008 from <http://www.calgaryhealthregion.ca/programs/dental/thed.html>

Healthier Beverages

www.healthyfoodsnorth.ca



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How Much Sugar is in Your Drink?

If you drank one regular pop a day for a year you would consume:



*32 pounds
of sugar!*











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How Much Sugar is in Your Drink?

		Calories per usual serving 600 ml	Teaspoons of Sugar 600 ml	
	Water	0	0 tsp	No Sugar
	Diet Pop/Crystal Light	2	0 tsp	No Sugar
	100% Unsweetened Fruit Juice <small>* Contains natural sugars and vitamins and minerals</small>	264	16 tsp	
	Drink crystals or beverage	260	16 tsp	
	Pop	270	17 tsp	
	Energy Drink	270	17 tsp	

Source: Capital Health

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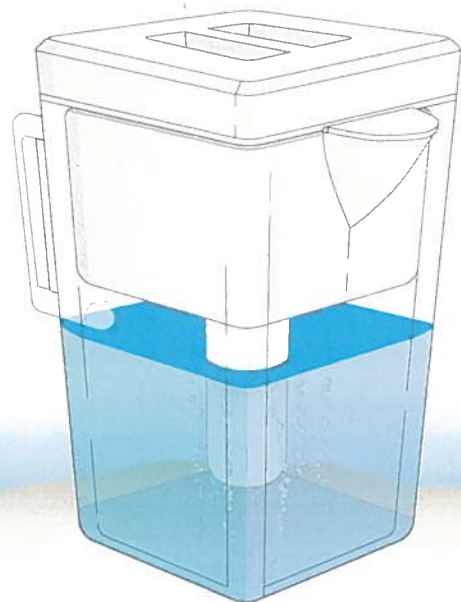


Advantages of drinking water...

1. Quenches thirst.
2. Tastes great.
3. No calories or additives.
4. Local water sources are a lot cheaper than buying canned or bottled drinks.
5. Better for the environment (no packaging).
6. Recommended as the most healthy beverage.
7. Our bodies need it to function.
8. Organs and joints work better.
9. Keeps us looking healthy and young.
10. Helps make us feel full.
11. When we get enough, our bodies work properly: helps to digest food, remove wastes and absorb nutrients.

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Immiq “Good Water”



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Tips for Making Healthier Beverage Choices!

- Stock your fridge with healthy beverage choices (Water, Milk and 100% juice).
- Be a role model for your family and others.
- Become aware of how much added sugar (glucose, sucrose) is in your drink.
- Drink pop and drink crystals less often.

Try this Simple smoothie Recipe:

- 1 cup of frozen/canned/fresh fruit (try different kinds!)
- 1 banana, frozen or fresh
- 1/2 cup orange juice
- 1/2 cup cold water
- 2 tbsp. Skim milk powder



Add fruit, water, juice, and skim milk powder to blender.
Mix until smooth.

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Could your family
give up pop for an
entire year?



$$\begin{array}{l} ___ \text{ \# family members } \times ___ \text{ cans pop/family member/day} \\ \times \$ ___ \text{ cost/can of pop } \times 365 \text{ days/year} \\ \hline \text{\$} ______ \text{ !!!} \end{array}$$

$$\begin{array}{l} 4 \text{ family members } \times 2 \text{ cans pop/family member/day} \\ \times \$1.25 \text{ cost/can of pop } \times 365 \text{ days/year} \\ \hline \text{\$} \underline{\underline{3,650.00}} \text{ !!!} \end{array}$$

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