

# SUGAR

**WHY  
ACT  
NOW**

## Not Your Best Friend

Pop & Energy Drinks contain a lot of added sugar!

- \* Drinking added sugars = extra calories with no nutrients.
- \* Contain caffeine, too much = irritability, trouble sleeping.
- \* Choose water, milk or 100% unsweetened fruit juice instead.
- \* Your body is 60-70% water. Water is the best! **8-10** cups a day!
- \* Craving the fizz of pop? Try club soda instead of water.



### Benefits of Water

1. Carries nutrients
2. Removes waste
3. Cools the body (sweat)
4. Helps digest food
5. Helps replace old tissue
6. Acts as a cushion for our organs/joints



1 cup water



1 cup milk



1 cup  
chocolate milk



1/2 cup  
unsweetened  
juice

=

**0**

Added  
sugar



1 can (355mL) =

**10** tsp



1 bottle (591mL) =

**18** tsp



1 can (473mL) =

**14** tsp



1 large fountain pop =  
(1.9L)

**57** tsp

### Spice Up Your Water!

Add fruit to water or club soda for endless possibilities!

Lemon  
Strawberry-Lemon  
Watermelon-Mint  
Orange-Blueberry  
Cucumber-Mint  
Lime  
Pineapple  
Raspberry-Lime



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