

**0**  
TEASPOONS OF SUGAR IN 1 PLAIN GLASS OF WATER

**4 GRAMS OF SUGAR = 1 TSP**

**COLA, CARBONATED DRINK (250ml)**

**100% ORANGE JUICE (250ml)**

**SPORTS DRINK (250ml)**

**FLAVOURED CAFFEINE FREE ENERGY DRINK (250ml)**

**1% CHOCOLATE MILK (250ml)**

**FRUIT YOGURT BEVERAGE (250ml)**

**FRUIT JUICE VS FRESH FRUIT**

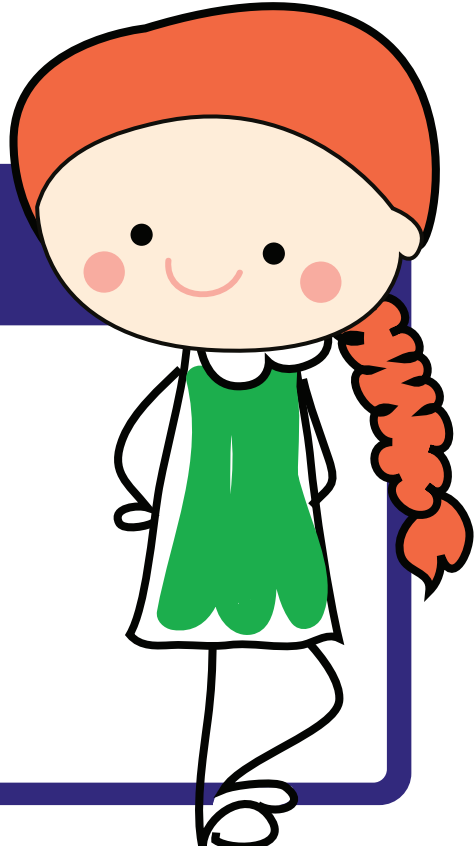
**100% ORANGE JUICE (250ml)**

**UNSWEETENED APPLE JUICE (250ml)**

**1 FRESH ORANGE (small)**

**1 FRESH APPLE (small)**

Real fruit provides an important source of fiber.



Source: Health Canada, Canadian Nutrient File <http://webprod3.hc-sc.gc.ca/cnf-fce/index-eng.jsp>  
 Catalogue No. 020579 ISBN 978-1-4606-8117-6 (PDF) July 2016 © 2016 Queen's Printer for Ontario

Research has shown that when children are used to drinking water at a young age, they are more likely to drink water later in life.

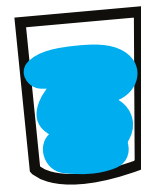
From 0-4 years, kids' early eating preferences are set laying the foundation for their eating habits.

Sugar-sweetened beverages are the largest source of sugar in kids' diets.

Beverages account for almost

**1/2** (44%)

of kids' sugar intake every day.



Water contains:

- 0 Sugar, 0 Calories
- 0 Additives, 0 Caffeine

As kids get older, they drink more sugar-sweetened beverages.

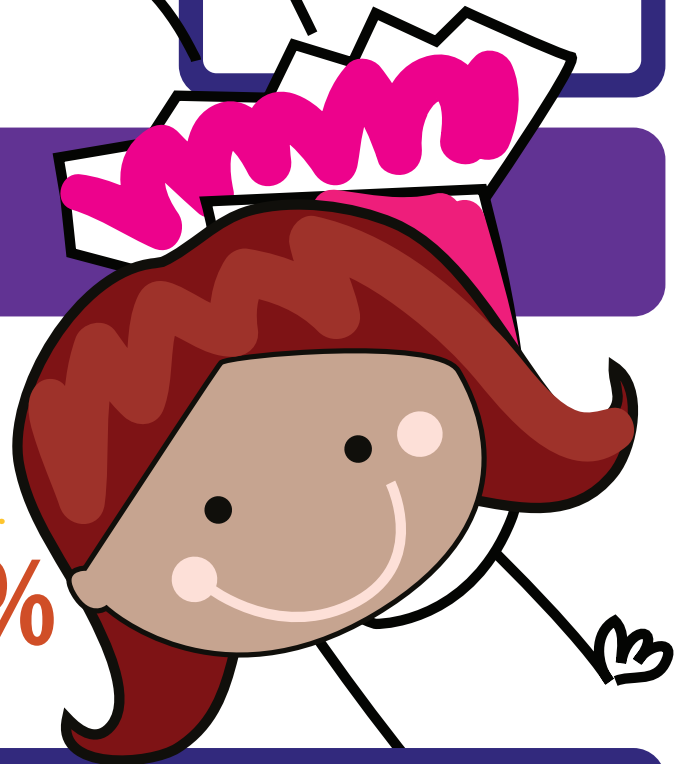


Sugar intake equals:

- Higher risk of Heart Disease
- Link to Type 2 Diabetes

One study found that each additional sugar-sweetened beverage per day, increases the risk of a child becoming obese by 60%.

**60%**



Contact your Healthy Kids Community Challenge project manager for more information: