



Visit us at
www.brightbites.ca

The Sip Smart!™ Ontario Program teaches children in Grades 3 to 7 about sugary drinks!

Why is **Sip Smart!™ Ontario** important to you and your children?

- **Sugary drinks are everywhere.** Pop, fruit “punch”, sport drinks and many other drinks have a lot of sugar. Too much sugar is not good for your child’s health.
- **The extra calories in sugary drinks can add up quickly.** This can lead to an unhealthy weight, putting your child at higher risk of high blood pressure, heart disease and diabetes.
- **Healthy foods and drinks build a body that is just right for your child.**
 - Healthy children learn better.
 - Healthy children perform better at school and socially.
 - Healthy children have more energy to be physically active.

Healthy drink choices will help build and maintain a healthy body today, and build a strong body that is fit for a lifetime. Help your child to **Sip Smart!™**

Tips for making the healthy choice, the easy choice!

- **Keep a jug of chilled water in the refrigerator** — especially in the summer!
- **To help your child drink less sugar from drinks,**
 - Buy smaller sizes of sugary drinks.
 - Pour smaller servings.
- **Serve drinks from the “Choose Every Day” list below more often.**

Choose Every Day
 Water
 Plain, unflavoured milk/fortified soy beverage

Choose Sometimes
 100% Juice (fruit, vegetable or combination*)
 Flavoured milk/fortified soy beverage

Avoid
 Fruit drinks
 Pop or diet pop, sports drinks and energy drinks
 Other sugar drinks
 (For example; iced tea, ice slushy, bubble tea)

*A single serving is 125 mL or 1/2 cup, and 1 juice serving is enough in 1 day.

An initiative of the
 BC Pediatric Society & the
 Heart and Stroke Foundation.

Adapted with permission for Ontario
 by Ontario Society of Nutrition
 Professionals in Public Health.



Water is always a great choice!

