

SIP SMART! BC™

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The Sip Smart! BC™ update is a partnership between the BC Pediatric Society and the B.C. Government.

The Sip Smart! BC™ Program teaches children in Grades 4-6 about sugary drinks!

Why is Sip Smart! BC™ 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 type 2 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,**
 - Buy smaller sizes of sugary drinks.
 - Pour smaller servings.
- **Serve drinks from the “Choose Most” list below more often.**

Choose Most

Water
Plain milk/
unsweetened fortified soy beverage

Choose Sometimes

100% juice (vegetable, fruit or combination)
Reduced sugar flavoured milk/fortified soy beverage

Choose Least or Not at All

Fruit drinks
Pop or diet pop, sports drinks and energy drinks
Regular flavoured milk/fortified soy beverage
Other sugary drinks
(For example, iced tea, slushy, bubble tea, vitamin-enhanced water, store-bought smoothie)

A single serving is 125 mL (1/2 cup) and 1 juice serving is enough in 1 day. It’s better to eat vegetables and fruit than to drink them.

water is always a great choice!