

# Guide to Making Healthy Drink Choices

Choose most	Choose sometimes	Choose least or not at all
<p><b>Water</b> – great for keeping a person hydrated, and for sipping all day</p>	<p><b>100% juice</b> – has naturally occurring sugar, but may also contain vitamin C and A, folate, potassium, and antioxidants (125 mL or 1/2 cup of juice is enough for 1 day)</p>	<p><b>Sports drink</b> – has high sugar content; is intended for use during / after intense and continuous physical activity lasting longer than 90 minutes</p>
<p><b>Plain milk</b> – has some naturally occurring sugar but also contains key nutrients like protein, calcium, vitamins A and D</p> <p><b>Plain milk alternative:</b> unsweetened fortified soy beverage</p>	<p><b>Reduced sugar flavoured milk</b> (e.g. chocolate, strawberry) – contains more sugar than plain milk but has just as much nutritional value – reduced sugar milks will have 20 grams or less sugar per 250 mL</p> <p><b>Reduced sugar flavoured milk alternative:</b> Reduced sugar flavoured fortified soy beverage</p>	<p><b>Fruit drink</b> – contains only a small amount of real juice; most of the flavour comes from sugar; fruit drinks may also be called fruit “cocktails”, “blends” or “beverages”</p>
		<p><b>Pop</b> – is high in sugar and has no nutritional value; cola often contains caffeine</p>
		<p><b>Diet pop</b> – has no sugar, contains artificial sweeteners and acid (harmful to teeth), no nutrients, and sometimes caffeine</p>
		<p><b>Energy drink</b> – has high sugar content and high or very high caffeine content; may also contain other harmful additives</p>
		<p><b>Regular flavoured milk/fortified soy beverage</b> – contains more sugar than plain or reduced sugar flavoured milk</p>

## References

Consistent with BC Ministry of Education and BC Ministry of Health, *Guidelines for Food and Beverage Sales in B.C. Schools*, 2013  
Reference for “choose most definition” adapted from Alberta Health Services, *Healthy Eating for Children and Youth in Schools*, 2012

## Choose Most

Foods and drinks in the “choose most” category can be consumed daily, in appropriate amounts and portion sizes. These foods are recommended as healthy choices in *Eating Well with Canada’s Food Guide* or *Eating Well with Canada’s Food Guide - First Nations, Inuit and Métis*. and have little or no added sugar, fat or sodium (salt).