

SIP SMART! BC™

KEY MESSAGES

Some drinks don't fit into the four food groups in *Eating Well with Canada's Food Guide* or *Eating Well with Canada's Food Guide - First Nations, Inuit and Métis*.

Sugar is a major ingredient in many popular drinks.

Knowing what is in drinks helps us to make healthy choices.

The number and size of servings we drink affects the amount of sugar we consume.

Drinking sugary drinks "bumps out" nutritious drinks.

Some ingredients in sugary drinks other than sugar, such as acid and caffeine, may damage our health.

Drink choices can be influenced by various factors, including family, friends and the media.

We can decide for ourselves to make healthy drink choices.

Drink water -
it's always
a great choice!

