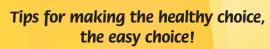


Why is **Sip Smart! BC**™ important to you and your children?

- Sugary drinks are everywhere. Fruit juice, pop, fruit "punch", sport drinks and many other drinks have high amounts 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.
- G 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!



- 6 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 plant-based beverage

Choose Sometimes

Reduced sugar flavoured milk/ fortified plant-based beverage

Choose Least or Not at All

100% juice (vegetable, fruit or combination) Sweetened milk/fortified plant-based beverage Fruit drinks

Pop or diet pop, sports drinks and energy drinks Regular flavored milk/fortified plant-based beverage Other sugary drinks

(For example; iced tea, slushy, bubble tea, vitamin-enhanced water, store-bought smoothie)







Water is always a great choice!

