

# SIP SMART! BC™

## SUGARY DRINK EXAMPLES



*Sugary drinks are beverages with  
HIGH amounts of sugar.*

*Examples include iced tea, fruit juice, soft drinks, sports drinks, energy drinks, fruit-flavoured drinks and punches, sweetened plant-based beverages, flavoured waters with added sugars, sweetened milks like chocolate milk, sweetened hot or cold tea, coffee, hot chocolate and other specialty drinks.*



**Iced Tea**



**Fruit Juice**



**Soft Drinks**



**Sports Drinks**



**Energy Drinks**



**Fruit-flavoured  
Drinks & Punches**



**Flavoured waters  
with added sugars**



**Sweetened  
Milks**



**Sweetened  
Tea Drinks**



**Specialty  
Drinks**

# SIP SMART! BC™ DRINK DIARY

## EXAMPLE



Name \_\_\_\_\_ Date \_\_\_\_\_



**Did you have anything to eat or drink:**

*Before school?*

I had something to eat



















Yes

No

I had something to drink

Yes (fill in table below)

No (wait for teacher instruction)

Before school yesterday	Circle the type of container it came in:	Circle the size of your drink	How many?
	     	S M L XL	
	     	S M L XL	
	     	S M L XL	



# SIP SMART! BC™ DRINK REPORT



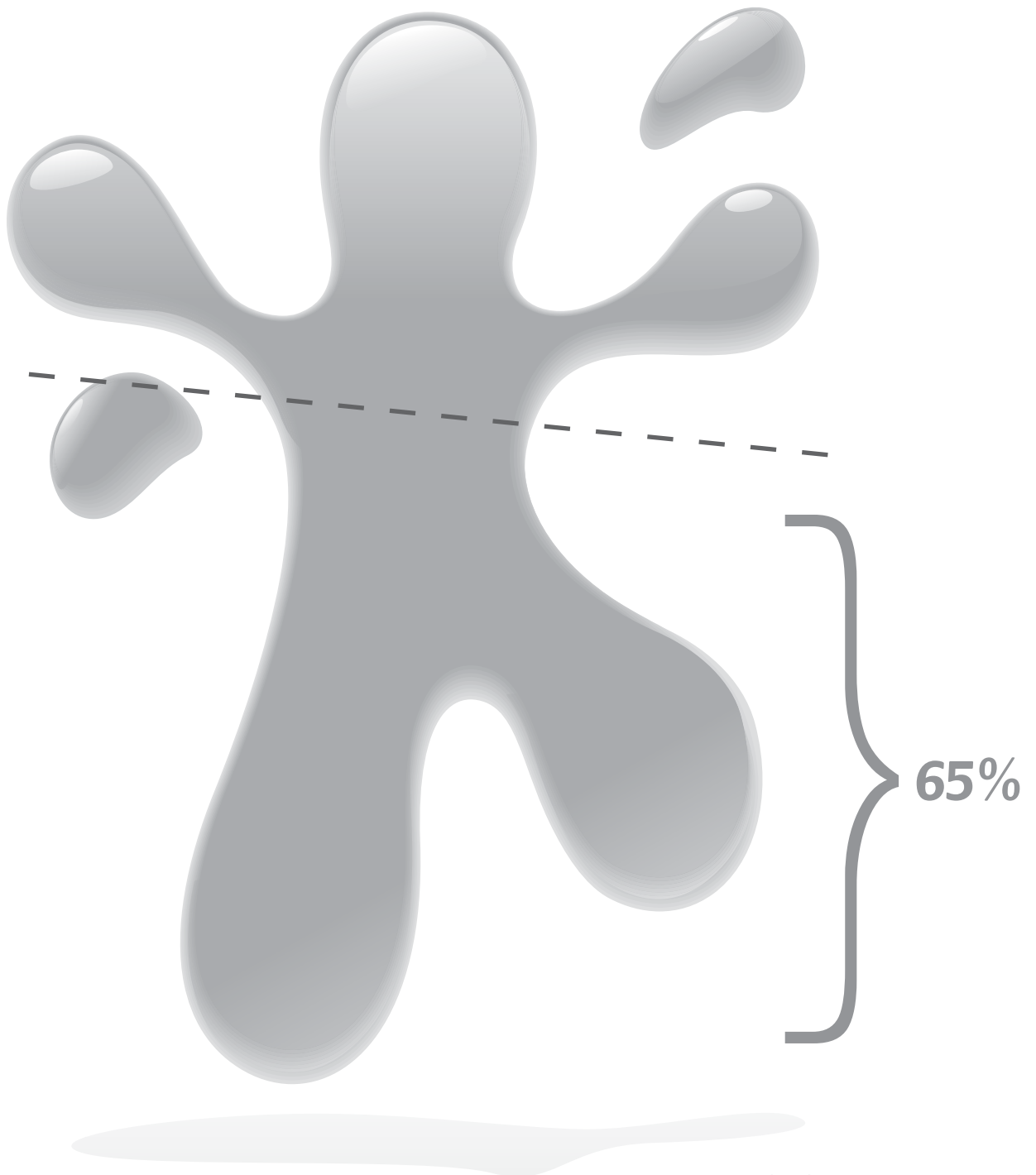
	1	2	3
How much water did our class drink?			
How much plain milk and unsweetened fortified soy beverage did our class drink?			
How many students completed a drink diary?			
What is the maximum amount of sugar cubes recommended for our class in one day?			
How many cubes of sugar did we consume?			
How many sugar cubes came from the pop our class drank?			
How many sugar cubes came from the 100% juice our class drank?			

**REMEMBER!**

**Maximum** recommended amount of added sugar per student per day:  
13 sugar cubes = 13 teaspoons

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## % WATER IN HUMAN BODY



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## HOW TO READ A LABEL

### Nutrition Facts

Per 1 can (355 mL)

Amount	% Daily Value
<b>Calories</b> 160	
<b>Fat</b> 0 g	<b>0 %</b>
Saturated 0 g + Trans 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 30 mg	<b>1 %</b>
<b>Carbohydrate</b> 40 g	<b>10 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 40 g	
<b>Protein</b> 0 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 0 %

INGREDIENTS: CARBONATED WATER, GLUCOSE-FRUCTOSE, SODIUM CITRATE, CAFFEINE

cola

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## THE SCOOP ON SUGAR!

### Answer Key

**Which are Sugary Drinks?**

Circle all the sugary drinks:

- plain milk
- strawberry soy beverage
- fruit punch
- 100% orange juice
- root beer
- chocolate milk
- cola
- grape cocktail
- water
- ginger ale
- club soda
- energy drink

Naturally occurring sugars are usually present in foods that have many other vitamins and minerals.

L	F	R	U	C	T	O	S	E	M
D	P	E	I	M	E	Y	S	K	H
R	M	T	Y	O	F	V	R	L	O
U	A	R	H	L	D	N	T	G	N
E	L	F	G	A	J	L	V	F	E
W	T	S	G	S	P	P	S	H	Y
C	O	R	N	S	Y	R	U	P	G
U	S	S	U	E	K	Z	C	E	I
P	E	Q	D	S	U	V	R	R	H
Y	Q	W	L	L	R	I	O	T	F
E	U	I	B	N	U	L	S	M	Y
D	E	X	T	R	O	S	E	O	E
M	M	L	B	M	H	K	L	T	T



# SIP SMART! BC™ EVERY SERVING COUNTS!



**Sugary drinks bump out nutritious drinks!**



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## CAFFEINE REPORT



	Caffeine
Caffeine from chocolate milk (7 mg/250 mL)	
Caffeine from cola (29 mg/250 mL)	
Caffeine from energy drinks (80 mg or more/250 mL)	
Caffeine from coffee (158 mg/250 mL)	
Caffeine from tea (30 mg/250 mL)	
How much caffeine did we consume?	

# COMPARE!

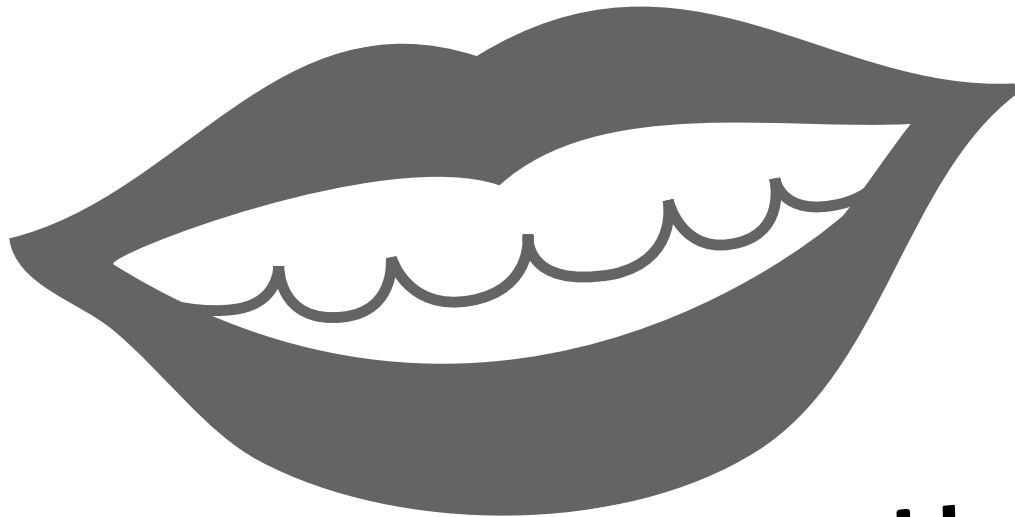
Maximum amount of caffeine recommended per student/day = 65 to 85 mg (7 to 12 years)

Number of students in class = \_\_\_\_\_

Maximum amount of caffeine recommended/class/day = \_\_\_\_\_



# **SIP SMART! BC™** **ACID IN BEVERAGES**



**bacteria + sugar = acid**



**tooth decay!**



**SIP SMART! BC™**  
**MEANS SIPPING WATER**  
**- NOT OTHER DRINKS!**



Drink	Hypothesis	Observation
Regular cola		
Diet cola		
Clear pop		
Energy drink		
Apple juice		
Water		

# SIP SMART! BC™ TRICKY QUESTIONS FOR ADVANCED SCIENTISTS



Drink	Conclusion (= explain what happened to your "tooth")
Regular cola	
Diet cola	
Clear pop	
Energy drink	
Apple juice	
Water	

## Tricky questions for advanced scientists:

1. Which drink damages our "teeth" the least?

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2. If we want a sugary drink once in a while, what can we do to reduce the "acid attack"?

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3. Diet Pop has no sugar. Why does the "tooth" in diet cola look exactly like the "tooth" in cola?

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Have a **BLAST** this summer!

Try new refreshing **ORANGE BLAST!**

It's fruity!

It's a great thirst quencher!

It's full of Vitamins!

**GO GET ONE!! NOW!**



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