

# 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**