

# Nutrition Facts



## The Not So Sweet Truth about Sugar

### What is a Sugar-Sweetened Beverage?

- Any drink where sugar has been added (e.g., pop, fruit drinks, sports drinks, sweetened tea and coffees, energy drinks and chocolate milk).
- A 355 mL can of a sugar-sweetened drink contains about 10-12 tsp. of sugar.

### Why is too much sugar bad for our health?

- It's linked to heart disease, stroke, diabetes, obesity, high blood cholesterol, cancer and dental problems.
- Children who have a lot of sugary drinks from a young age, are more likely to prefer sugary drinks instead of plain water.

### What about 100% Fruit Juice with no sugar added?

- 100% fruit juice provides some vitamins and minerals but the natural sugar in juice affects our teeth and overall health the same as added sugar.
- Our bodies can't tell the difference between natural and added sugar.
- Most juice is packed in larger- sized containers and provide a lot of sugar.

### Why is water the best drink choice?

- It doesn't have sugar, calories, additives, preservatives or caffeine.
- It's the best choice to replace fluid lost during physical activity.
- Tap water is convenient and free.

### What about diet drinks or those with artificial sweeteners?

- Neither regular soft drinks nor diet pop provide any nutrition.
- Drinking artificially sweetened beverages can lead to a desire for sweet tasting drinks.
- The acid in diet drinks can weaken teeth and lead to cavities.
- We need more research on the safety of artificial sweeteners for children who consume a lot from a young age.

### Sweetened carbonated or vitamin-added waters are better choices, True or False?

- These drinks all contain added sugar. We already get enough of the vitamins commonly added to these drinks and the body gets rid of in them in the urine.
- The acid in carbonated drinks can weaken teeth and lead to cavities.

### Sports drinks are the best choice for active children, True or False?

- Sports drinks are sugar sweetened drinks that contain electrolytes.
- For the average child doing routine physical activity for less than an hour in normal temperature conditions, plain water is all that is needed.

#### Reference:

World Health Organization (WHO). (2015). *WHO Guideline: Sugars intake for adults and children*. Retrieved from [www.who.int/nutrition/publications/guidelines/sugars\\_intake/en/](http://www.who.int/nutrition/publications/guidelines/sugars_intake/en/)

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# HOW MUCH SUGAR IS IN YOUR DRINK?



500 mL (2 cups)



500 mL (2 cups)



355 mL (1 1/2 cups)



237 mL (1 small carton)



355 mL (1 1/2 cups)



500 mL (2 cups)



710 mL (2 3/4 cups)



591 mL (2 1/2 cups)



500 mL (2 cups)



200 mL (1 box)

Children ages 7-13 years should have no more than 10 teaspoons a day of added sugar including sugar from fruit juices.



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