YOU decide what to provide

Choose the BEST for your child...

MILK at meals

WATER for thirst

LIMIT sugary drinks and sticky treats

OFFER a variety of foods from Canada's Food Guide at meal and snack time
Did you know...
Constant nibbling or sipping can damage teeth?

3 things to ask before you offer that snack...

1. Is it sticky?

2. Is it in Canada's Food Guide?

3. How many times a day?
Children drink what you provide
So always check what's inside!

- Juice Box 200 ml: 6 Teaspoons of sugar
- Orange Juice 414 ml: 10 Teaspoons of sugar
- Canned Soft Drink 355 ml: 9 Teaspoons of sugar
- Chocolate milk 350 ml: 9 Teaspoons of sugar
- Bottled Iced Tea 473 ml: 13 Teaspoons of sugar
- Energy drink 710 ml: 17 Teaspoons of sugar
- Soft drink 1.8 L: 54 Teaspoons of sugar

Sweet drinks are NOT meant for sippy cups and bottles.