Re-think What You Drink

Since the human body is more than 80% water, it’s important to drink enough fluids everyday. A popular choice is fruit drinks. However, many fruit drinks have as much added sugar as soft drinks and very little real juice.

This is a worry since:

- Children who drink a lot of fruit drinks often don’t drink enough milk to build strong bones.

- Every can of sweetened drink a child has in a day increases his/her risk of becoming obese by 60%!

- “Children who sip on sweet beverages throughout the day are more likely to have tooth decay.”

Remember that many of these drinks come in much larger amounts and will have much more sugar in them. For example, most sports drink bottles are 600 mL, or 2.4 cups which means that the entire bottle would contain 9 teaspoons of sugar!

<table>
<thead>
<tr>
<th>Drink</th>
<th>Size</th>
<th>% Real Juice</th>
<th>Total Calories</th>
<th>Added Sugars (tsp)</th>
</tr>
</thead>
<tbody>
<tr>
<td>100% unsweetened fruit or vegetable juice</td>
<td>340 mL</td>
<td>100%</td>
<td>140 - 190</td>
<td>None</td>
</tr>
<tr>
<td>Drinks/Cocktails</td>
<td>340 mL</td>
<td>25 - 50%</td>
<td>140 - 400</td>
<td>6 - 11</td>
</tr>
<tr>
<td>V8® Splashes</td>
<td>470 mL</td>
<td>25%</td>
<td>220</td>
<td>10 - 12</td>
</tr>
<tr>
<td>Snapple®, Sobe®</td>
<td>600 mL</td>
<td>&lt;10%</td>
<td>220 - 320</td>
<td>14 - 20</td>
</tr>
<tr>
<td>Lemonades, Iced Teas</td>
<td>340 mL</td>
<td>0 - 10%</td>
<td>100 - 160</td>
<td>6 - 10</td>
</tr>
<tr>
<td>Sports Drinks</td>
<td>600 mL</td>
<td>0%</td>
<td>140</td>
<td>9</td>
</tr>
<tr>
<td>Pop, Soft Drinks</td>
<td>350 mL</td>
<td>0%</td>
<td>150 - 180</td>
<td>9 - 11</td>
</tr>
</tbody>
</table>

Drinks like iced tea, V8® Splashes, lemonade, sports drinks and pop should be offered to children rarely, if at all. This is because they offer no nutritional benefit and contain a lot of sugar.

Of all the fruit drinks, 100% fruit or vegetable juices are the best choice. Too much of even 100% fruit or vegetable juices isn’t a good thing. Offer 100% juices in moderation. Here is how much juice your child can drink in a day:

- Children younger than 6 months of age ➔ no juice
- Children 6 - 12 months ➔ 1/4 cup
- Children 1 - 6 years ➔ 1/2 cup
- Children 7 - 18 years ➔ 1 - 1 1/2 cups
For More Information contact your Population Health Nutrition Program, Public Health Nurse, or Community Dental Health Program

Fort St. John 250-263-6000

Prince George 250-565-7384

Terrace 250-631-4233

Dietitian Services at HealthLink BC 811

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