

Beverages

What's in our favorite drinks?

Drink	Ingredients	Sugar Content	Alternative	How often?
 Coffee	<ul style="list-style-type: none"> + Antioxidants + Fibre - Caffeine - Acidic 	<p>If one sugar pack added: 4 g Limit added sugars and sweeteners.</p>  (Optional)	<p>Try decaffeinated or herbal teas. Bamboo coffee</p>	No more than 2-3 cups per day.
 Tea	<ul style="list-style-type: none"> + Antioxidants + Flavonoids + Some are 'low caffeine' - Caffeine 	<p>If one sugar pack added: 4 g Limit added sugars and sweeteners.</p>  (Optional)	<p>Try tea without added milk or sugar. Herbal Teas (lemon citrus, chamomile)</p>	Daily
 Orange Juice	<p>Oranges contain:</p> <ul style="list-style-type: none"> + Vitamin C + Vitamin A + Potassium + Fibre 	<p>1 Cup: 20 g (5 packs)</p> 	<p>A real orange or cold pressed vegetable and fruit juices.</p>	Limit
 Coca Cola	<ul style="list-style-type: none"> - Sugar - Sweeteners - Caramel Colour - Caffeine - Phosphoric acid 	<p>1 Bottle: 40 g (10 packs)</p> 	<p>Soda stream Sparkling water Infused water/soda</p>	Avoid
 Diet Coca Cola	<ul style="list-style-type: none"> - Caramel Colour -/+ <i>Aspartame</i> - Phosphoric Acid 	<p>1 Can: 0 g sugar</p>	<p>Soda stream Sparkling water Infused water/soda</p>	Avoid
 Red Bull	<ul style="list-style-type: none"> - Sugar - Taurine - Caffeine 	<p>1 Can: 26 g sugar (7 packs)</p> 	<p>Black coffee Green tea Herbal Teas</p>	Avoid

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Rethink Your Drink!

Many of our favorite drinks have a lot of empty calories and added sugars – even some “healthy” beverages and smoothies can be unhealthy.

- **Water** is the healthiest choice for hydration and thirst
- **Enjoy** coffee and tea in moderation - without added sugar.
- **Limit:** diet drinks, fruit juice, soda, and milk.
- **Stick** to enjoying alcohol in moderation.



Swap out *one*
sugary drink and cut
diabetes risk **25%**

Drinks with a lot of sugar are not a good choice; they have a lot of calories with little, to no other nutrients. Drinking high-sugar drinks can lead to weight gain and increased risk of type 2 diabetes, cardiovascular disease, and metabolic syndrome.

Sports beverages are typically for athletes to replace carbohydrates, electrolytes, and fluid during *high-intensity workouts* that last an hour or more. For most of us – including children, they are just another poor source of sugar and calories.

Energy drinks have as much sugar as soft drinks, enough caffeine to raise your blood pressure, and additives with unknown long-term health effects. For these reasons, it is best to skip energy drinks.

Infused Water

- 1/2 cup of ice and **no added** sugar
- 3/4 cup of or water
- Sliced citrus (lemon, lime, orange, grapefruit)
- Non sweet options: mint, cucumber

No sugar
Low Calories
Natural Flavours



Habits

- Drink 1-2 litres of water per day
- Drink infused water not sugary beverages
- Drink lemon water first thing in the morning
- Add a tea infuser in hot water for a calming drink

