

Healthy Eating Challenge

Rethink your drink

Drinks with added sugar, such as coffee with syrups or regular pop add extra calories and do not help you feel full.

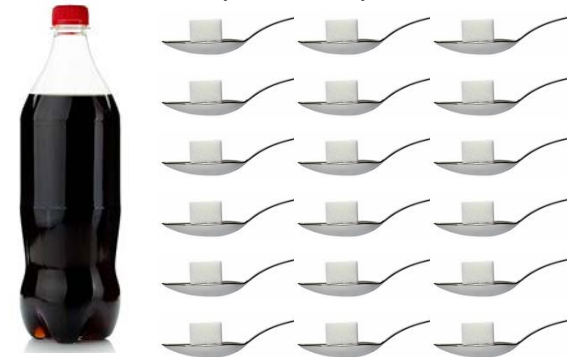
How much sugar?

Sweetened coffee drinks
(473mL)



9 teaspoons

Regular pop
(591mL)



18 teaspoons

For information on healthier drinks, go to www.healthyeatingstartshere.ca, search for *Choose Healthy Drinks*.