
Drinks in

Canada

Healthy Drinks

Good for Your Body

Drinks to Limit!

Too much sugar is NOT Good for Your Body

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✓ **Water**



✓ **Milk**



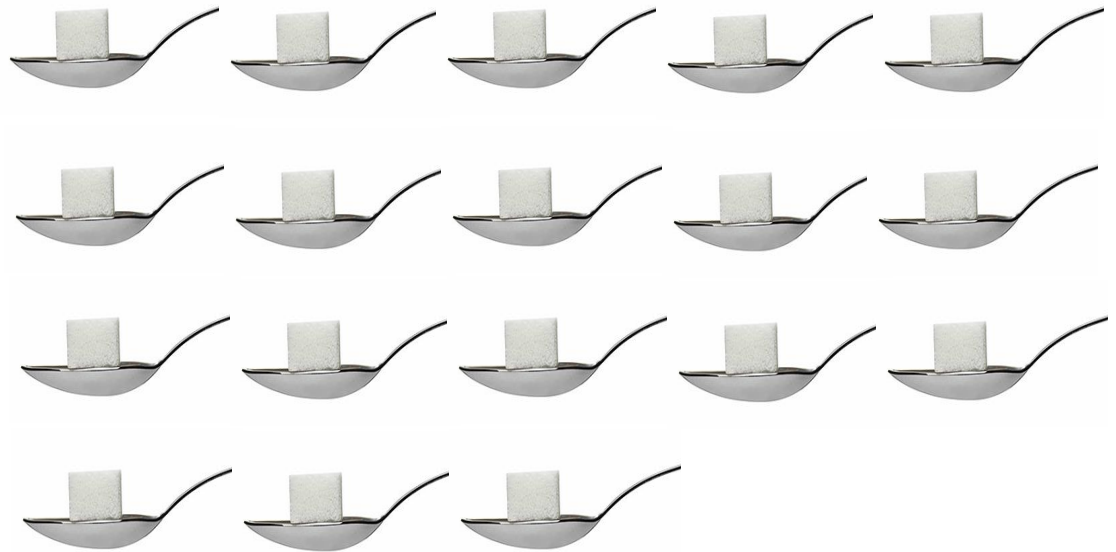
✓ **Soy
Beverage**



ImagesBG, [H2O, Water, Pure, Clean, Filtered, CCO](#)



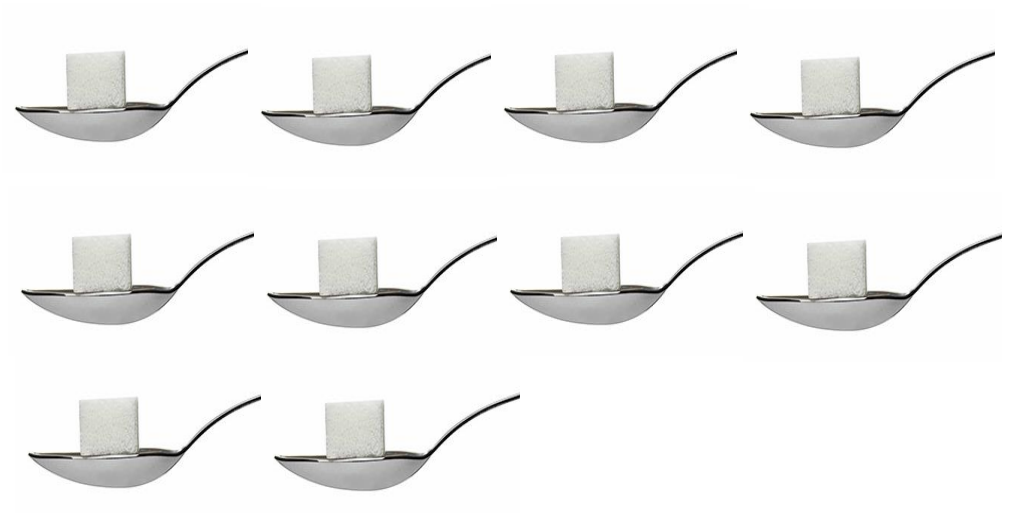
Pop
591 mL bottle



18 teaspoons of sugar



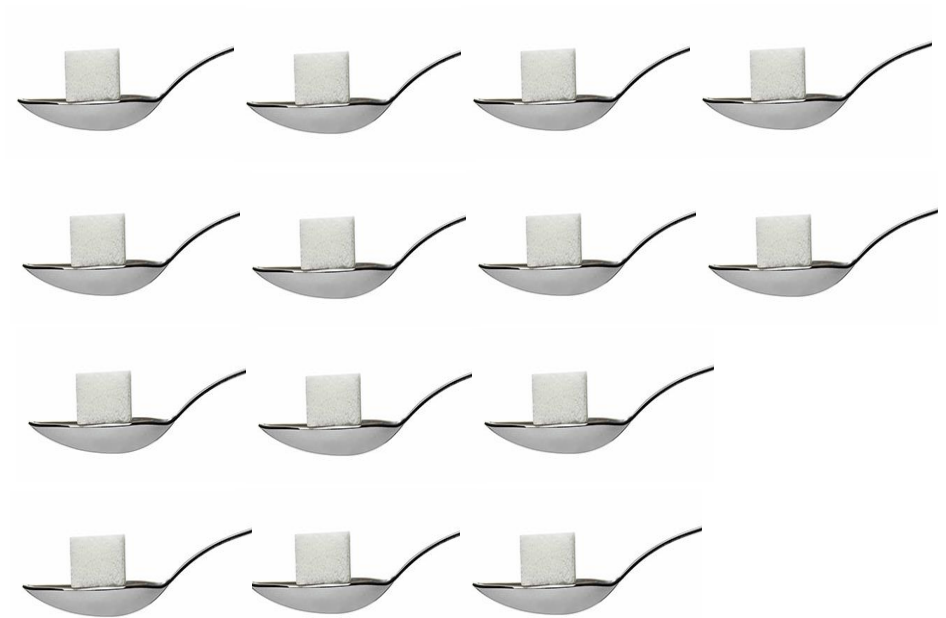
Pop
355 mL can



10 teaspoons of sugar



Energy Drink
473 mL can



14 teaspoons of sugar

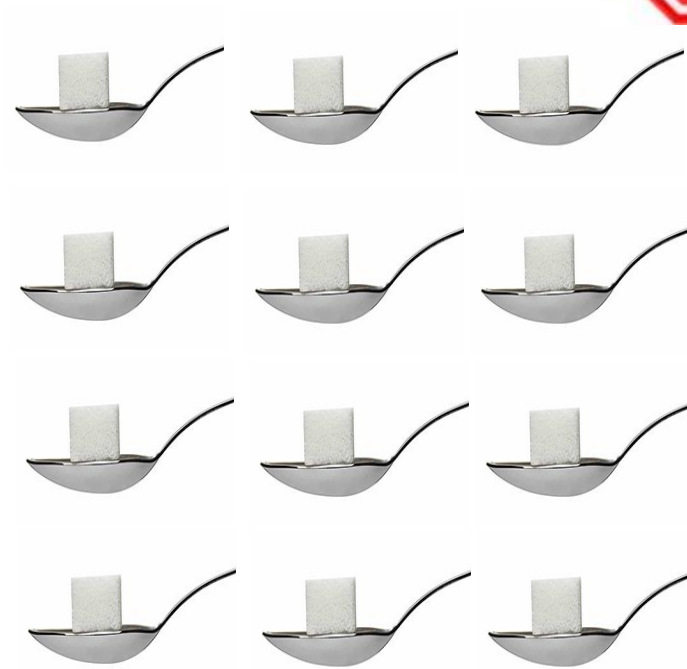


Sports Drink
750 mL bottle

10 teaspoons of sugar



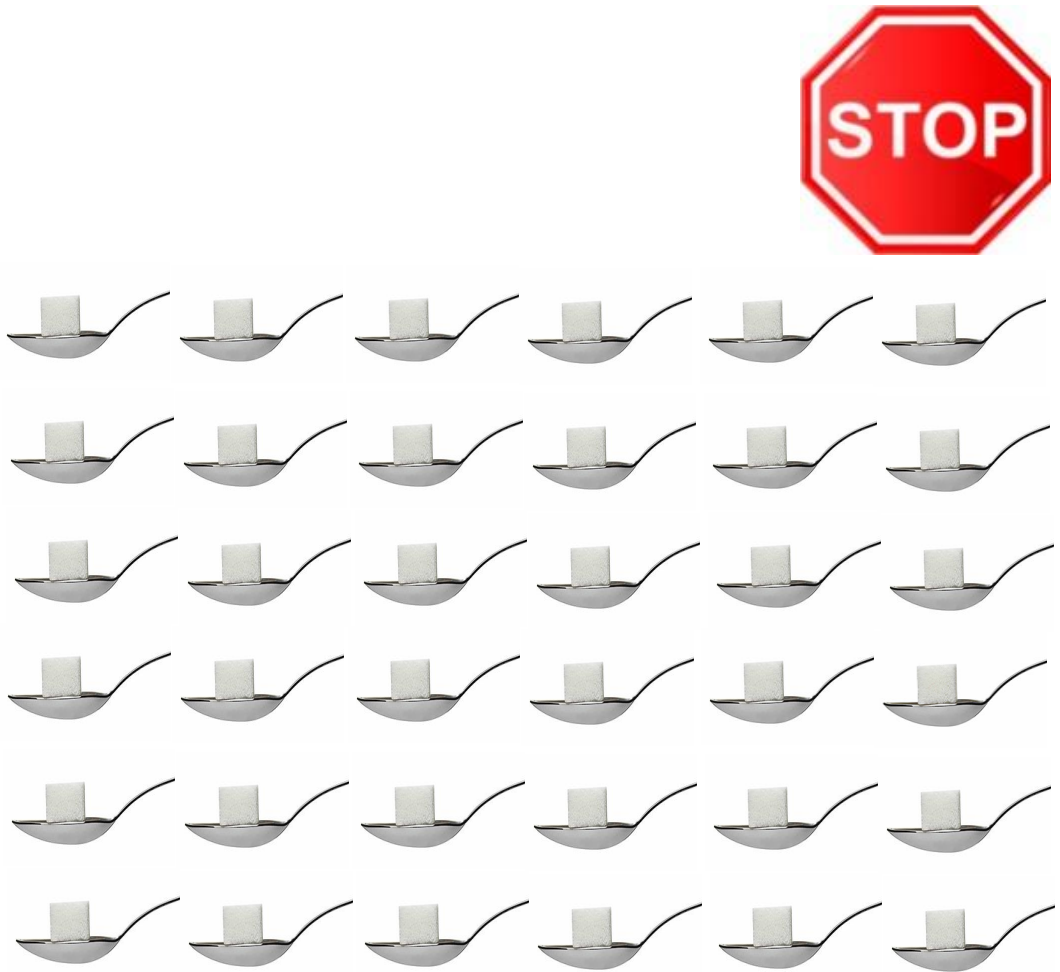
Iced Coffee Slush
Medium (415 mL)



12 teaspoons of sugar



Ice Slush
Large (1.18 L)



36 teaspoons of sugar



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