

Drinks in Canada



Developed by Public Health Dietitians
Alberta Health Services

Welcome!



Lisa Fotios, [Person Sitting on Grey Sofa While Holding Clear Highball Glass of Water](#), [CCO](#)

In Your Home Country...



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



**What are
common
drinks?**



Drinks in Canada

Healthy Drinks



Good for your body

Drinks to Limit



sugar



Not good for your body

Healthy Drinks

Water



Milk



**Fortified Soy
Beverage**



We need water every day



Tap water is safe in cities and towns in Alberta.

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

Water for a Healthy Body

- keeps our body cool (sweat)



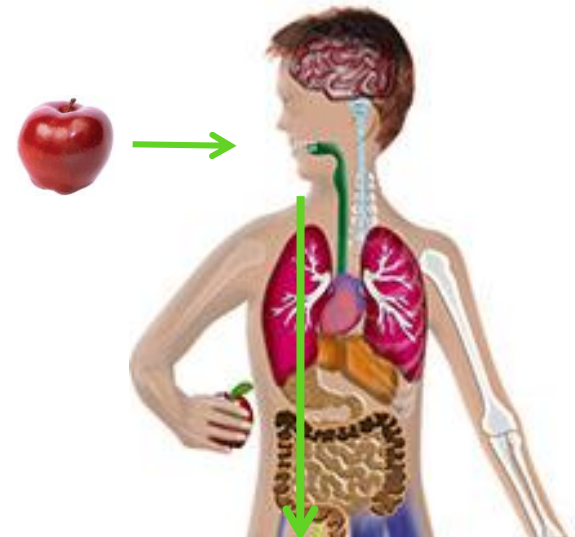
Wilfredor, [Boy Face from Venezuela](#), CCO

- helps us breathe



Microsoft Clip Art

- helps food move through our body



Milk and Fortified Soy Beverage

For strong bones and teeth

- Skim, 1% and 2% milk are healthy
- Original (or plain) fortified soy beverage is healthy



Coffee and Tea

Less than **3 cups** of coffee or tea with caffeine is okay



1



2



3



You can have more
herbal tea



Coffee and Tea



Cream



Condensed milk



Sugar

Add less to your drink

TheUjulala, [Milk Maid Sweetened Condensed Milk](#), [CCO](#)

Healthy Drinks



12 cups

Drink water most often

Drink 9 - 12 cups each day

Even if it's cold outside!

Healthy Drinks



Milk, fortified soy beverage, tea, and coffee are all healthy drinks.

Drink 9 - 12 cups each day

All healthy drinks count!



12 cups



Drinks to Limit

**Is sugar in drinks good for
our body?**

**Is sugar in drinks good for
our body?**

No



We do not need added sugar



= added sugar

Too much sugar:

- Is not good for teeth
- Is not good for the heart
- Can ↑ bodyweight



Drinks to Limit






Drinks to Limit

Question:

How many teaspoons (spoonfuls) of sugar are in a bottle of pop?

1 teaspoon = 



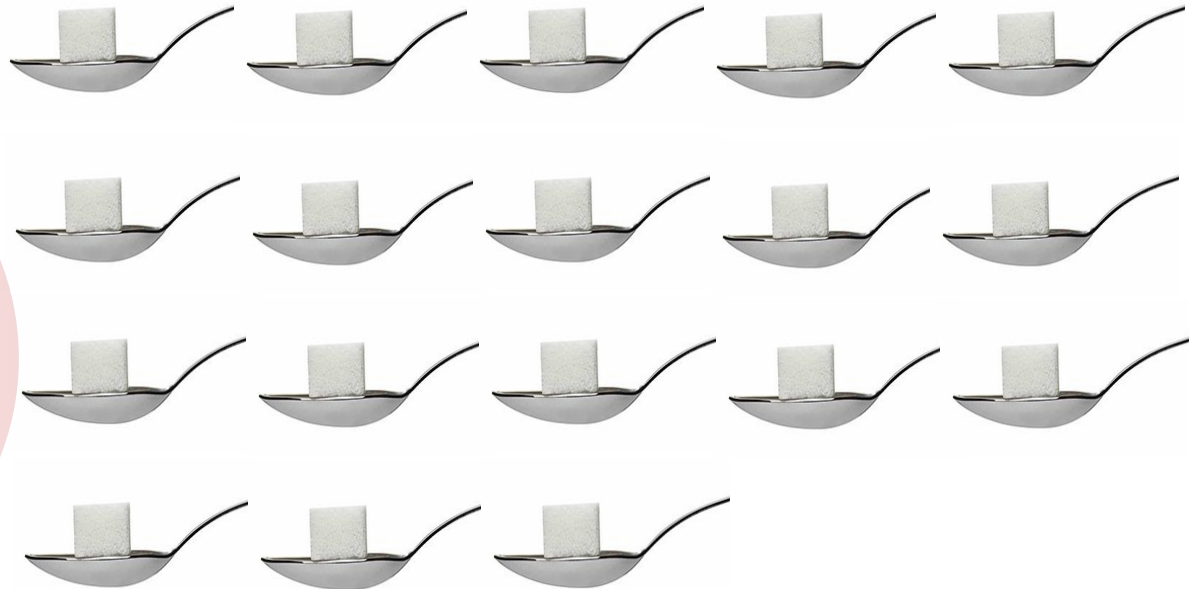
Pop
591 mL bottle



Drinks to Limit



Pop
591 mL bottle



18 teaspoons of sugar

1 Bottle of Pop Every Day For a Year

25 Kg (58 lbs)
of sugar



Pop
591 mL bottle






Drinks to Limit

Question:

How many teaspoons (spoonfuls) of sugar are in a sports drink?

1 teaspoon = 



Sports drink
750 mL bottle



Drinks to Limit



Sports drink
750 mL bottle



10 teaspoons of sugar



Drinks to Limit

Question:

How many teaspoons (spoonfuls) of sugar are in an energy drink?

1 teaspoon =



Energy drink
473 mL can



Drinks to Limit



Energy drink
473 mL can



14 tsp of sugar



Drinks to Limit

Question:

How many teaspoons (spoonfuls) of sugar are in an iced coffee slush?

1 teaspoon =



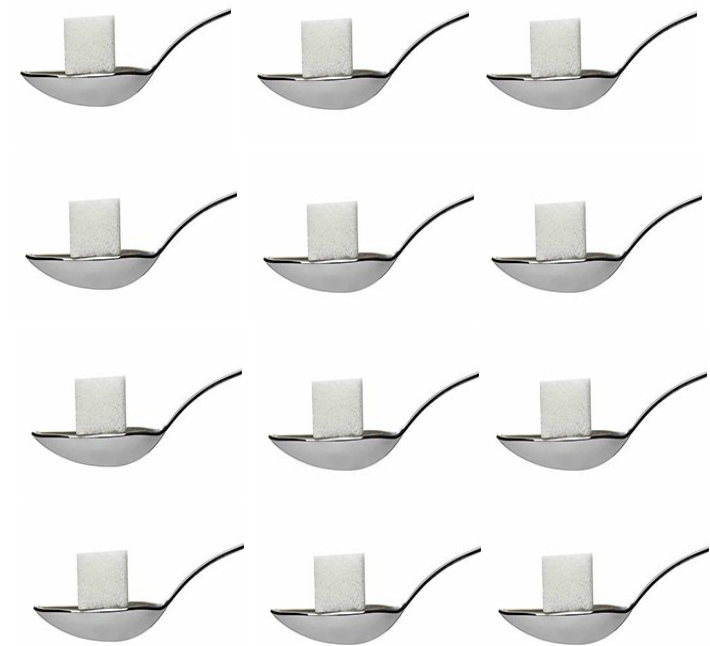
Iced coffee slush
Medium (415 mL)



Drinks to Limit



Iced coffee slush
Medium (415 mL)



12 tsp of sugar



Drinks - Tips



Choose:

- ✓ Smaller size
- ✓ Little or no sugar
- ✓ Milk, not cream
- ✓ No whipped topping
- ✓ Plain coffee

Drinks - Tips



Carry a water bottle

Question

1. Which one is best for our body?



Water
A



100% juice
B



Fruit punch
C

Question

1. Which one is best for our body?



Water
A



100% juice
B



Fruit punch
C

Question

2. Are these drinks healthy? Why?



A. Yes

B. No

Question

2. Are these drinks healthy? Why?



A. Yes

B. No

↑ sugar 🍵

Question

4. We need to drink a lot of _____ each day?



Coffee
A



Tea
B



Water
C

Question

4. We need to drink a lot of _____ each day?



Coffee
A



Tea
B



Water
C

What to Remember

- Drink water every day. Tap water is safe.
- Choose other healthy drinks like milk, fortified soy beverage, coffee or teas
- Drinks with a lot of sugar are not good for your body



Questions?




Optional Sugar Shocker Slides



Drinks to Limit

Question:

How many teaspoons (spoonfuls) of sugar are in a can of pop?

1 teaspoon = 



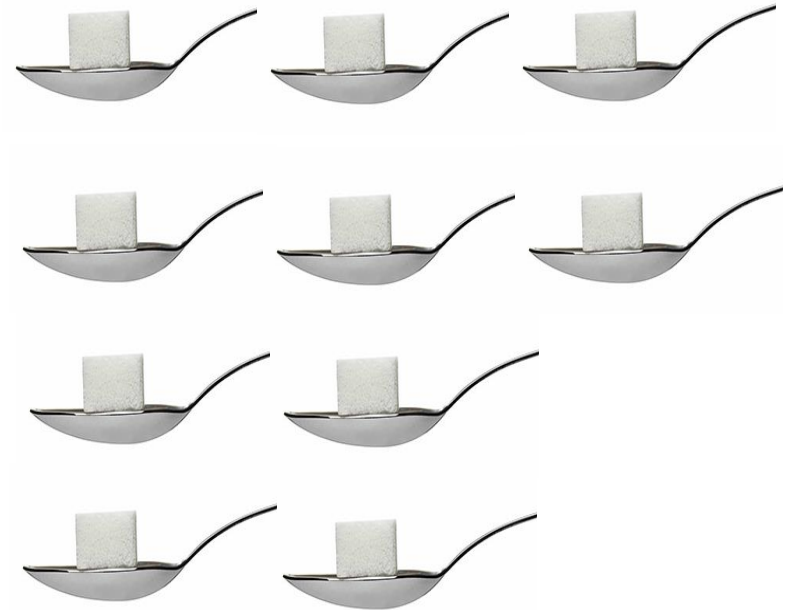
Pop
355 mL can



Drinks to Limit



Pop
355 mL can




10 teaspoons of sugar



Drinks to Limit

Question:

How many teaspoons (spoonfuls) of sugar are in an iced tea?

1 teaspoon = 



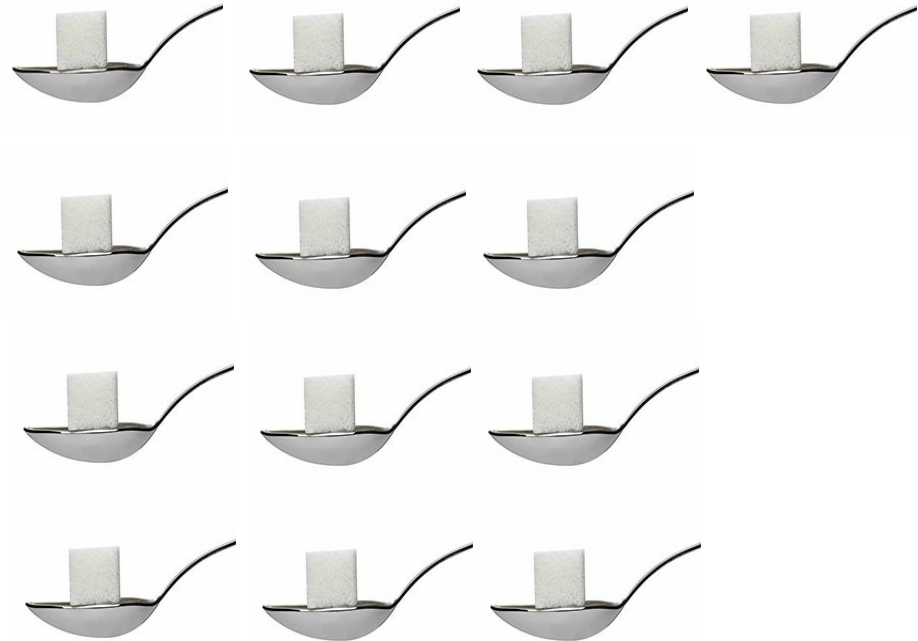
Sweetened iced tea
591 mL bottle



Drinks to Limit



Sweetened iced tea
591 mL bottle




13 teaspoons of sugar



Drinks to Limit

Question:

How many teaspoons (spoonfuls) of sugar are in an ice slush (pop)?

1 teaspoon = 



Ice slush
Large (1.18 L)

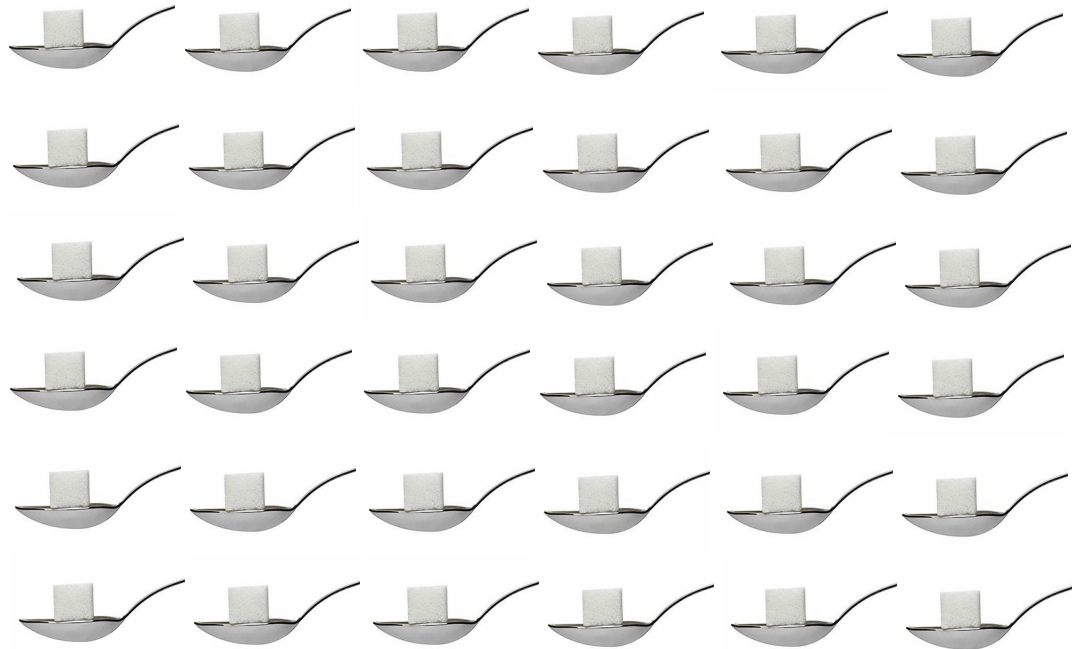


Drinks to Limit

Answer:



Ice slush
Large (1.18 L)



36 tsp of sugar

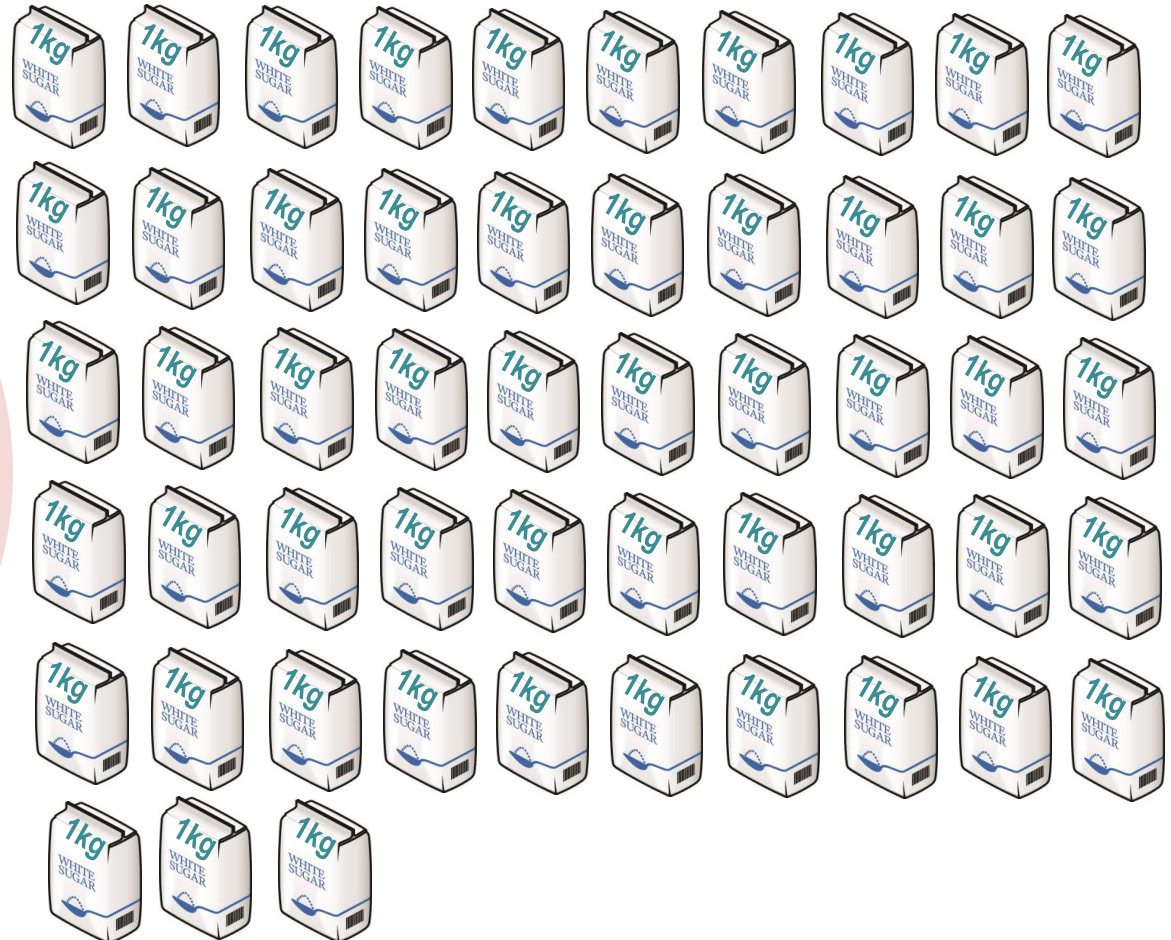


1 Ice Slush a Day For a Year

53 Kg (117 lbs)
of sugar



Ice slush
Large (1.18 L)



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