



0
TEASPOONS OF SUGAR IN 1 PLAIN GLASS OF WATER

4 GRAMS OF SUGAR



COLA, CARBONATED DRINK (250ml)



100% ORANGE JUICE (250ml)



SPORTS DRINK (250ml)



FLAVOURED CAFFEINE FREE ENERGY DRINK (250ml)



1% CHOCOLATE MILK (250ml)



FRUIT YOGURT BEVERAGE (250ml)



FRUIT JUICE VS FRESH FRUIT



100% ORANGE JUICE (250ml)



1 FRESH ORANGE (small)



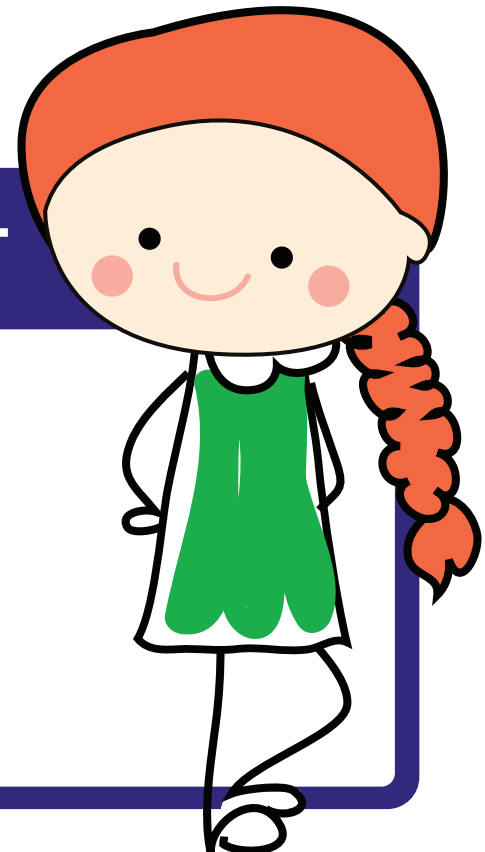
UNSWEETENED APPLE JUICE (250ml)



1 FRESH APPLE (small)



Real fruit provides an important source of fiber.



Research has shown that when children are used to drinking water at a young age, they are more likely to drink water later in life.

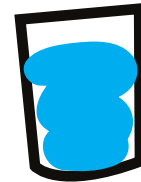
From 0-4 years, kids' early eating preferences are set laying the foundation for their eating habits.

Sugar-sweetened beverages are the largest source of sugar in kids' diets.

Beverages account for almost

1/2 (44%)

of kids' sugar intake every day.



Water contains:

- 0 Sugar, 0 Calories
- 0 Additives, 0 Caffeine

As kids get older, they drink more sugar-sweetened beverages.

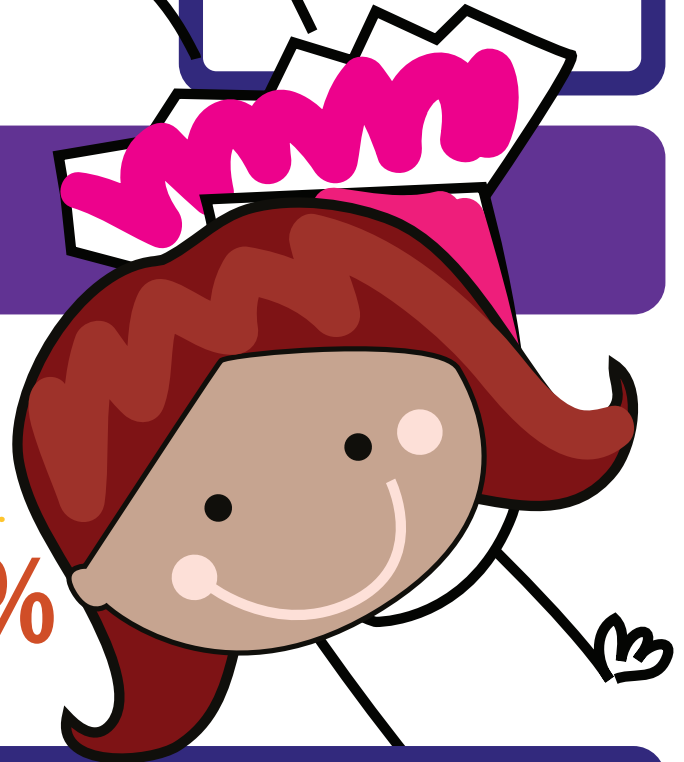


Sugar intake equals:

- Higher risk of Heart Disease
- Link to Type 2 Diabetes

One study found that each additional sugar-sweetened beverage per day, increases the risk of a child becoming obese by 60%.

60%



Contact your Healthy Kids Community Challenge project manager for more information: