



Sugar Is Sweet – And Drinks Are Too?

Dear parents,

This week your child will explore sugar sweetened beverages in the Healthy Beginnings 2-5 program.

What is the largest source of added sugar in children's diets? It's not cake or candy – it's drinks sweetened with sugar. Children are drinking more soft drinks, juice, punch, and sports drinks than ever before. The added sugar in these drinks provides few nutrients for growing bodies; in fact, a diet high in sugar increases a child's chance of becoming overweight, getting dental cavities or not getting enough calcium (from food and drinks like plain milk, which is an excellent source of calcium.).

Did you know?

- A large pop (730 mL) has enough sugar to equal 21 sugar cubes
- A 355 mL can of pop or sports drink contains 10 sugar cubes
- Iced tea (355 mL) contains eight sugar cubes

The problem is that most of the time people don't realize how much sugar is added to their favourite drinks. Teaching kids to be sugar smart while they are still young can help them make better choices for years to come. With so many sugary products available, setting a good example at home is more important than ever.

What can you do to make sure your family is sugar smart?

Water should always be the first option

Serve your children water and plain milk during snack and meal times.

Serving 100 % juice is okay if it is in moderation; no more than ½ cup (125 mL) a day. Read drink labels in order to avoid purchasing drinks high in added sugars. Added sugar can be listed on the label as sucrose, high fructose corn syrup, dextrose or fruit juice concentrate.

Fresh, frozen or dried fruit instead of juice can be great options and have so many nutrients to keep young bodies healthy.

For more information, visit Sip Smart at dotcms.bcpeds.ca/sipsmart/welcome/index.dot

