Liquid Candy

How much added sugar do you drink?

Regular pop is high in sugar...
- There is a lot of sugar in regular pop and there are no vitamins, minerals or proteins.
- Large amounts of sugar increase the risk of developing cavities.
- Regular consumption of sugary drinks is associated with obesity, cardiovascular disease and type 2 diabetes.

What are some better drink choices?

**Water:** Water is great to quench your thirst. Water does not contain any sugar and it contributes to good health.

**Milk:** Many Canadians do not drink as much milk as they need. Milk contains essential nutrients including calcium, protein, vitamin D, vitamin A and others.