



Liquid Candy

How much added sugar do you drink?

10 tsp.



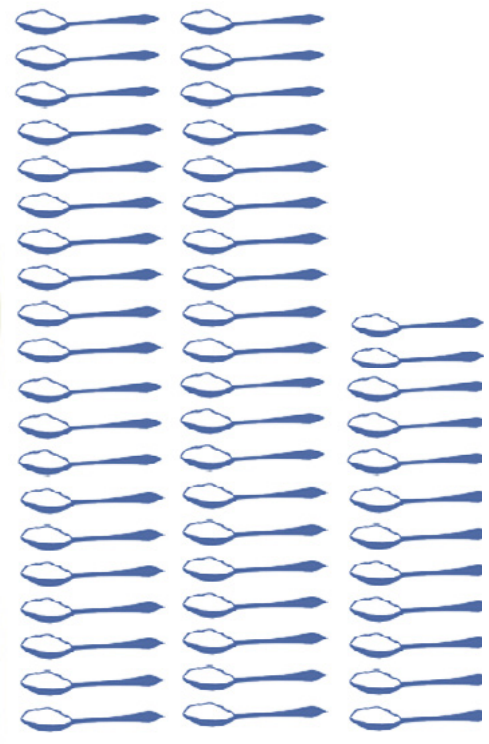
355 mL (12 oz)
38 g of added sugar

17 tsp.



591 mL (20 oz)
68 g of added sugar

52 tsp.



2 L (70 oz)
208 g of added sugar

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.