



Sip Smarter: Choose Water Over Sugary Drinks

Know the Facts

There are two kinds of sugar.

Sugar can be *naturally* found in many foods, like fruits, certain vegetables and milk. These foods also contain other important nutrients such as fibre and vitamins.

There is also added sugar. This sugar is added to foods and drinks during production or preparation. Regular consumption of added sugars can increase the risk of cavities and chronic diseases.

Recognize Sugary Drinks

- Fruit juices
- Fruit-flavoured drinks
- Flavoured water with added sugars
- Soft drinks
- Sports drinks
- Energy drinks
- Sweetened hot or cold tea or coffee (including iced tea)
- Sweetened milks (like chocolate milk)
- Sweetened plant-based beverages
- Specialty drinks (like latte and bubble tea)
- Alcoholic beverages

Did you know?

Beverages labeled as **100% fruit juice** are made from real fruit and do not contain added sugars. 100% fruit juice has some nutrients, such as vitamin C, potassium, and B vitamins, which are found in whole fruit.

100% fruit juice is high in sugar because it is made by extracting the juice from fruit, removing nutrients and fibre. Because of this, **100% fruit juice is considered a sugary drink**, even without added sugars.



Think Twice About Artificially Sweetened Drinks

Sugar-free drinks are artificially sweetened with sugar substitutes. Diet pop and sugar-free sports drinks are examples of sugar-free drinks. [Some common sugar substitutes include:](#)

- aspartame
- acesulfame-potassium
- sugar alcohols

There are no clear health benefits in choosing drinks with sugar substitutes.

Did you know?

Sugary and artificially sweetened drinks **can damage your teeth**.

They lower the pH in your mouth, making it more acidic and harmful to your teeth, especially if consumed often. Sports drinks and soda are especially acidic.

Make Water Your Drink of Choice

Tired of plain water? Try adding fresh or frozen fruits and herbs to your hot, cold, or carbonated water for extra flavour. Here are some ideas:



Sliced lemon +



Chopped mint



Raspberry +



Sliced lime



Chopped apple +



Cinnamon stick



Blueberry +



Fresh basil

[Other healthy drink options include:](#)

- unsweetened milk
- unsweetened fortified plant-based beverages (like soy or almond beverages)
- unsweetened coffee and teas.