

## Beverages

### What's in our favorite drinks?

Drink	Ingredients	Sugar Content	Alternative	How often?
 <b>Coffee</b>	<ul style="list-style-type: none"> <li>+ Antioxidants</li> <li>+ Fibre</li> <li>- Caffeine</li> <li>- Acidic</li> </ul>	<p><b>If one sugar pack added: 4 g</b> Limit added sugars and sweeteners.</p>  (Optional)	<p>Try decaffeinated or herbal teas. Bamboo coffee</p>	No more than 2-3 cups per day.
 <b>Tea</b>	<ul style="list-style-type: none"> <li>+ Antioxidants</li> <li>+ Flavonoids</li> <li>+ Some are 'low caffeine'</li> <li>- Caffeine</li> </ul>	<p><b>If one sugar pack added: 4 g</b> Limit added sugars and sweeteners.</p>  (Optional)	<p>Try tea without added milk or sugar. Herbal Teas (lemon citrus, chamomile)</p>	Daily
 <b>Orange Juice</b>	<p><b>Oranges</b> contain:</p> <ul style="list-style-type: none"> <li>+ Vitamin C</li> <li>+ Vitamin A</li> <li>+ Potassium</li> <li>+ Fibre</li> </ul>	<p><b>1 Cup: 20 g (5 packs)</b></p> 	<p>A real orange or cold pressed vegetable and fruit juices.</p>	Limit
 <b>Coca Cola</b>	<ul style="list-style-type: none"> <li>- Sugar</li> <li>- Sweeteners</li> <li>- Caramel Colour</li> <li>- Caffeine</li> <li>- Phosphoric acid</li> </ul>	<p><b>1 Bottle: 40 g (10 packs)</b></p> 	<p>Soda stream Sparkling water Infused water/soda</p>	Avoid
 <b>Diet Coca Cola</b>	<ul style="list-style-type: none"> <li>- Caramel Colour</li> <li>-/+ <i>Aspartame</i></li> <li>- Phosphoric Acid</li> </ul>	<p><b>1 Can: 0 g sugar</b></p>	<p>Soda stream Sparkling water Infused water/soda</p>	Avoid
 <b>Red Bull</b>	<ul style="list-style-type: none"> <li>- Sugar</li> <li>- Taurine</li> <li>- Caffeine</li> </ul>	<p><b>1 Can: 26 g sugar (7 packs)</b></p> 	<p>Black coffee Green tea Herbal Teas</p>	Avoid

# Beverages

## Rethink Your Drink!

Many of our favorite drinks have a lot of empty calories and added sugars – even some “healthy” beverages and smoothies can be unhealthy.

- **Water** is the healthiest choice for hydration and thirst
- **Enjoy** coffee and tea in moderation - without added sugar.
- **Limit:** diet drinks, fruit juice, soda, and milk.
- **Stick** to enjoying alcohol in moderation.



Swap out *one*  
sugary drink and cut  
diabetes risk **25%**

**Drinks with a lot of sugar** are not a good choice; they have a lot of calories with little, to no other nutrients. Drinking high-sugar drinks can lead to weight gain and increased risk of type 2 diabetes, cardiovascular disease, and metabolic syndrome.

**Sports beverages** are typically for athletes to replace carbohydrates, electrolytes, and fluid during *high-intensity workouts* that last an hour or more. For most of us – including children, they are just another poor source of sugar and calories.

**Energy drinks** have as much sugar as soft drinks, enough caffeine to raise your blood pressure, and additives with unknown long-term health effects. For these reasons, it is best to skip energy drinks.

### Infused Water

- 1/2 cup of ice and **no added** sugar
- 3/4 cup of or water
- Sliced citrus (lemon, lime, orange, grapefruit)
- Non sweet options: mint, cucumber

No sugar  
Low Calories  
Natural Flavours



### Habits

- Drink 1-2 litres of water per day
- Drink infused water not sugary beverages
- Drink lemon water first thing in the morning
- Add a tea infuser in hot water for a calming drink

