



Battle of the Beverages!



Did you know that a 355 mL can of pop has nine teaspoons of sugar and a 474 mL bottle of fruit drink has 18 teaspoons of sugar? Pop and fruit drinks are replacing more nutritious choices in children's lunch bags. Offer milk, water or 100 per cent unsweetened fruit juice. Limit pop, 'drinks', 'punches', 'cocktails', or '-ades'.

For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/healthyschools