

September



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% unsweetened fruit juice. Limit pop, 'drinks', 'punches', 'cocktails', or '-ades'.

**For health-related information call York Region
Health Connection at 1-800-361-5653 or visit www.york.ca**