

Are our kids drinking too much pop?

A 12 ounce can of pop contains about 10 teaspoons of sugar. This can easily add up if a child has two, three or more cans of pop in a day. Too much sugar can lead to weight gain and tooth decay. Over the years, the food industry has steadily increased the sizes of pop cans and bottles. As a result of these increased sizes, children are drinking more pop than ever before.

Not only are soft drinks contributing large amounts of calories and sugar to the diets of children, they are also replacing healthy choices like milk. Here are some things you can do to help guide your children.

- Help children learn to enjoy water as a thirst quencher choice
- Provide a variety of low-fat milks (e.g., chocolate), and 100% fruit and vegetable juices
- Be a role model by drinking fewer soft drinks yourself



*This is an approximate amount of sugar.

6.5 oz
*6 tsp
1950s

12 oz
*10 tsp
1960s

20 oz
*17 tsp
late 1990s

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