WHAT IS IN YOUR CUP?

What you drink matters. Beverages are the main way your body gets fluids. But with so many choices, it can be hard to know what to pick.

FLUIDS HELP YOUR BODY BY:

- Keeping you cool and hydrated
- Supporting digestion
- Moving nutrients and removing waste
- Protecting your organs and joints
- Keeping your bowels regular

Everyone needs a different amount of fluid. If you are not sure how much you need, a health care provider can help.

CHOOSE WATER

Canada's Food Guide recommends water as the drink of choice. Drinking water is important for our health. To stay hydrated, you need to replace the water lost through sweating, breathing, and getting rid of waste. You may need more water when you are active or when it is hot outside. If you do hard exercise for more than 45 minutes or during hot weather, drinks with electrolyte (such as sports drinks or coconut water) may be helpful. Rinse your mouth with water after eating or snacking to help keep your teeth and mouth clean and remove any food particles.

York Region provides **clean, safe, and reliable** drinking water. Bottled water is more expensive and less eco-friendly. If you use well water, test it regularly for bacteria. York Region Public Health offers free testing, or you can use a private lab for a fee.

TIPS TO DRINK MORE WATER:

- Drink warm or cold tap water
- Have water with meals and when eating out
- Carry reusable, BPA-free, stainless steel, or glass water bottle
- Like fizzy drinks? Try plain carbonated water and use a straw to help protect your teeth
- Add sliced fruit (berries, apples) or herbs (basil or mint)
- Keep a jug of water in the fridge or on the table
- Keep water nearby when you are at home, work, school, or on the go

PUBLIC HEALTH
1-877-464-9675
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york.ca/nutrition

York Region

OTHER BEVERAGE CHOICES

Milk

Lower-fat (less than 2% milk fat), unsweetened milk provides a good source of protein, calcium and vitamin D.

Plant-Based Beverages

Fortified plant-based beverages include soy, almond, oat, rice, cashew, and coconut. Most plant-based beverages are low in protein. The exception is fortified soy beverage, which provides similar nutrients to milk.

TIPS FOR CHOOSING PLANT-BASED BEVERAGES:

- Read and compare the Nutrition Facts table:
    - Choose unsweetened options with less sugar
    - Look for at least 6 g of protein per 250 mL (1 cup)
    - Select fortified or enriched products
    - Shake the carton before pouring so the calcium ends up in your cup

BEVERAGES TO LIMIT OR AVOID

Some drinks are best to limit because they can be high in salt, sugar, saturated fats, and caffeine.

Sugary Drinks

Sugary or sweetened drinks contain added and/or naturally occurring sugar called “free sugars.” These sugars come from honey, syrups, fruit juices and fruit juice concentrates.

Examples include:

- Bubble or boba tea
- Sweetened milk (chocolate milk)
- Fruit and vegetable juices
- Hot chocolate, specialty coffees or teas
- Lemonade, fruit punch, and iced tea
- Slush-style drinks
- Sweetened smoothies made with honey, sugar, agave syrup or fruit juice
- Vitamin-enhanced water*
- Flavoured or sparkling waters*
- Sports, energy, and soft drinks*
- Sweetened plant-based beverages*

*Sugar-free options are available for some of these beverages.

3 WAYS TO SPOT HIGH-SUGAR DRINKS



1) Front-of-packaging nutrition symbol: Look for a "High in Sugar" label on the front of the package. Products that are high in sugar are required to display this symbol.

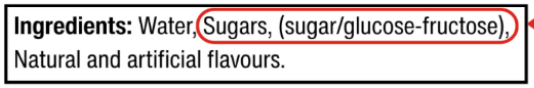


Nutrition Facts
Valeur nutritive
Per 1 serving (250 mL)
1 portion (250 mL)

Calories 300	**% Daily Value*** / **% valeur quotidienne***
Fat / Lipides 5 g	7 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 35 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 35 g	35 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 0 mg	0 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %

*5% or less is **a little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

2) Nutrition Facts Table: Find the % Daily Value for sugar. A value of 15% or more means the product is high in sugar.



Ingredients: Water, Sugars, (sugar/glucose-fructose), Natural and artificial flavours.

3) Nutrition Facts Table: Find the % Daily Value for sugar. A value of 15% or more means the product is high in sugar.

Caffeine

Health Canada recommends the following daily limits for caffeine:

- Adults (18 years and over): up to 400 mg each day
- People who are pregnant, planning to become pregnant, or breastfeeding: up to 300 mg per day

Too much caffeine can cause trouble sleeping, headaches, nervousness, and irritability. Some individuals, such as children, are more affected by caffeine. Caffeine can be found in drinks and some foods, such as chocolate.

Examples of caffeine content:



1 cup of coffee: ~135 mg



1 cup of black or green tea: ~30–50 mg



1 cup of matcha: ~40–90 mg



1 cup of chocolate milk: ~8 mg



1 can of soft drink: ~36–50 mg

Energy Drinks

Energy drinks claim to boost energy and focus, but they are often high in caffeine and sugar. Caffeinated energy drinks are ready-to-drink beverages or powders that contain added caffeine in higher amounts. They often also include other ingredients such as taurine, B vitamins, minerals, and plant-based ingredients like guarana and yerba mate. Drinking too much can cause nervousness and irregular heartbeats, especially if mixed with alcohol. Energy drinks are not recommended for children, people who are pregnant, breastfeeding, or sensitive to caffeine.

For more information

For more information about healthy eating visit york.ca/nutrition

To speak to a registered dietitian at no cost, access Health811 by calling 811 or visiting ontario.ca/health811

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