



DID YOU KNOW?

Kids Don't Need Juice!



Kids don't need drinks with added sugars. Even 100% unsweetened fruit juice is still a sugary drink. Sugary drinks offer little nutrition for growing bodies, and they can cause dental decay and erosion. They can also fill children's stomachs and bump out healthy drinks, meals, and snacks.

Plain water, milk, or plain fortified soy beverage are the best choices for children (and adults!). Remember that children need more water when they are physically active, and in warmer weather.

What drinks have sugar?

- 100% fruit and/or vegetable juice
- sweetened fruit juice
- flavoured milks such as chocolate, strawberry, vanilla, or milkshakes
- fruit-flavoured drinks such as fruit punch or cocktail
- pop
- sports drinks
- flavoured or fortified (i.e., added vitamins) waters

Encourage children to eat their veggies and fruit, and quench their thirst with water.