



newsletter

Eat—Don't Drink—Your Veggies and Fruit

Dear Parents,

As part of the Paint Your Plate program, we are reviewing our menus to make sure we are offering the healthiest options.

Drinks with added sugars provide little nutrition for growing children and can cause dental decay. Sugary drinks also can fill children up and bump out healthy drinks such as water or plain milk. We will not be serving sugary drinks at the centre.

We will serve water and plain milk during snack and mealtimes. Water will be available throughout the day, and we will remind children to drink, especially during hot weather or while being physically active. We will serve fresh, frozen, and canned fruit and vegetables, which have more fibre and nutrition than juice.

Infants, toddlers, and children do not need juice. It's best to eat vegetables and fruits instead of drinking them. If you do offer juice at home, Health Canada recommends limiting to no more than ½ cup (125 mL) of 100% juice per day.

We encourage parents and caregivers to **avoid** serving these sugary drinks:

- 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



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Paint Your Plate with vegetables and fruit!