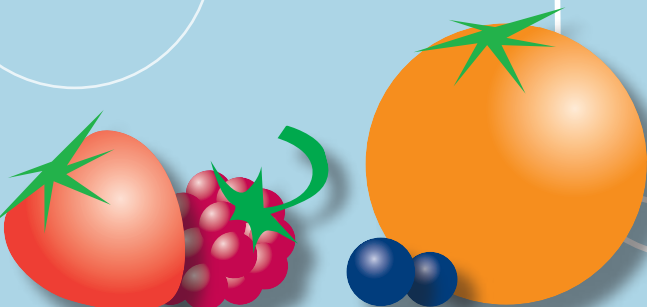


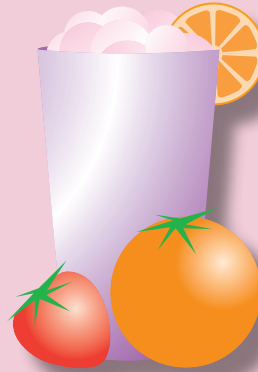
Drink to your health

Water is essential to life – in fact, water makes up 75 percent of the human body. Adults need about eight cups (two litres) of water or drinks which contain water each day. Children need between two and four cups of water (0.5 to 1 litre) per day. There are many ways of meeting your daily need for water, and with so many choices in the stores, it can be difficult to know which choices are better.

Making healthier choices is not about following strict rules or becoming a health fanatic. It's about becoming more knowledgeable about the choices you make, and taking steps to make it easy to make healthy choices – for ourselves and our families.



Shake it up! *Smoothies for two!*



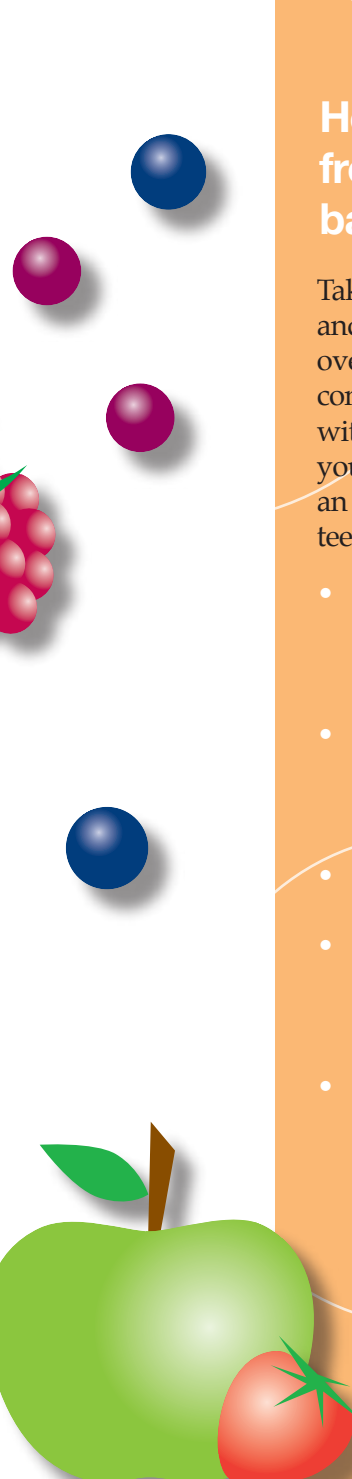
- 1 cup milk or soy beverage
 - 1 cup yogurt
 - 1 cup fresh or frozen fruit
 - 2–3 ice cubes
- Blend and enjoy!

Most people want to make healthy choices when it comes to eating and drinking. But old habits die hard, and good intentions (or will power) alone often do not lead to long-lasting changes in the choices we make. Changing habits begins with being mindful of the choices we have, and taking small steps towards healthier living.

When in doubt, choose water!

Sugar adds lots of extra calories to our diet and can contribute to obesity, diabetes, heart disease, and cavities.

Pop, iced tea, fruit drinks or cocktails, sports drinks, and energy drinks are all high in sugar.

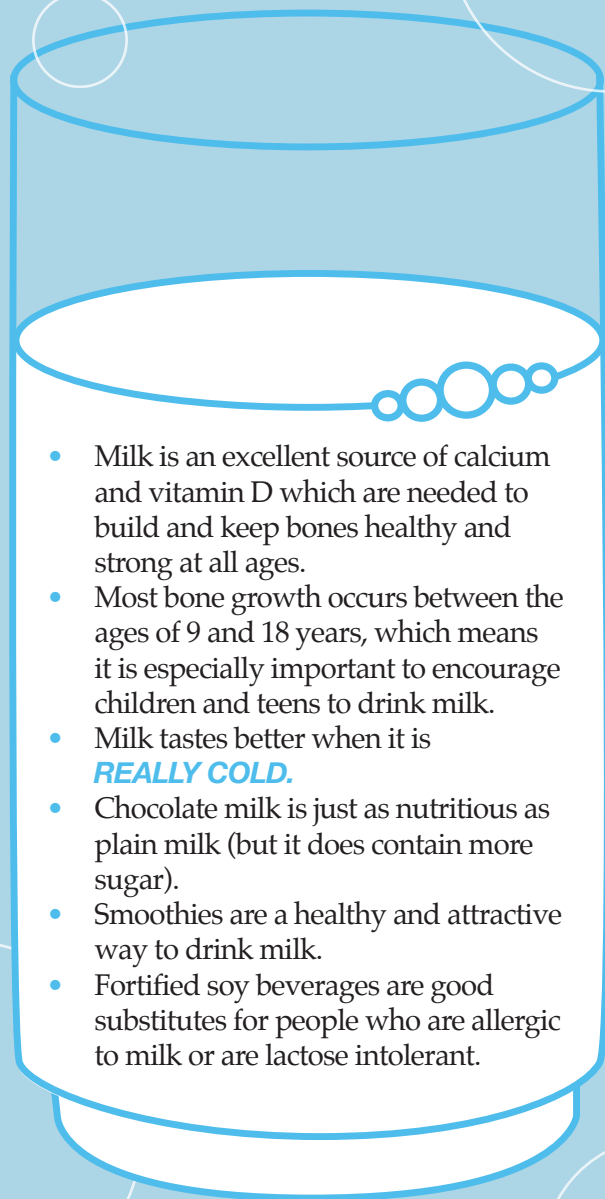


Healthy smiles from the first baby tooth on...

Taking care of your teeth and gums is important for overall health. The sugar contained in drinks mixes with the bacteria found in your mouth to produce an acid which can weaken teeth and lead to cavities.

- Breast milk or formula, and water are better choices for infants under 1 year.
- Breast milk, whole cow's milk and water are the best choices to age two and beyond.
- Wipe baby's gums after drinking milk.
- Encourage babies and toddlers to drink from a cup instead of a bottle.
- People of all ages should rinse their mouth with water, or brush their teeth after consuming a sweet drink.

Make it milk

- 
- Milk is an excellent source of calcium and vitamin D which are needed to build and keep bones healthy and strong at all ages.
 - Most bone growth occurs between the ages of 9 and 18 years, which means it is especially important to encourage children and teens to drink milk.
 - Milk tastes better when it is **REALLY COLD.**
 - Chocolate milk is just as nutritious as plain milk (but it does contain more sugar).
 - Smoothies are a healthy and attractive way to drink milk.
 - Fortified soy beverages are good substitutes for people who are allergic to milk or are lactose intolerant.



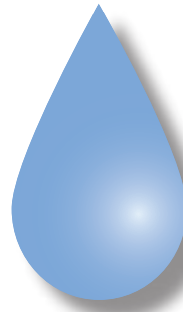
Water: The Champion of Beverages

Water is **always** a good choice because it...

- Keeps your body temperature stable
- Flushes wastes from your body
- Keeps all body functions working well
- Helps digest the food you eat
- Moisturizes your skin
- Cushions your joints
- Lubricates your brain

Tap water is cheap, readily available and always a good choice to meet most of the daily requirements for fluid for you and your children. Here are some tips to make it easy to choose water:

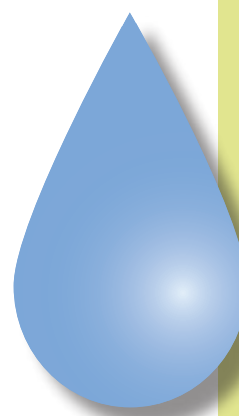
- Carry a clean water bottle with you throughout the day
- Keep a container of water in the refrigerator
- Add orange or lemon slices for a change of taste



If not water, then what?

When it comes to choosing drinks, variety is the spice of life. Is it possible to have variety and make healthy choices? Absolutely!

Two important factors to consider when making healthy choices are the nutritional value and sugar content of the drink.

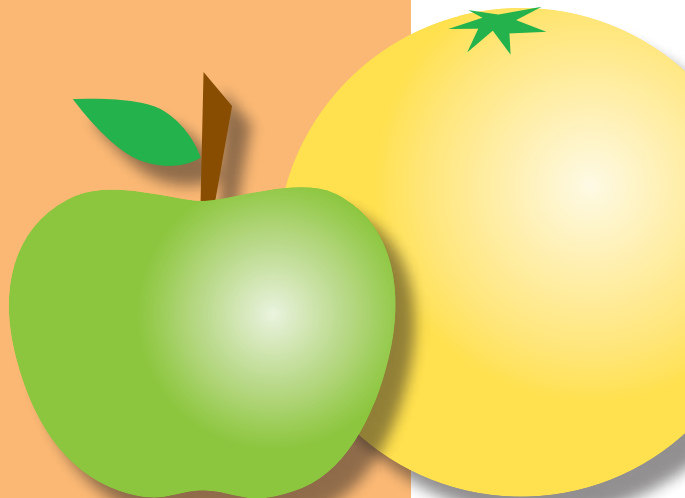
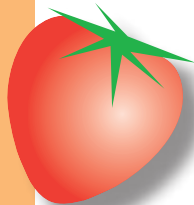
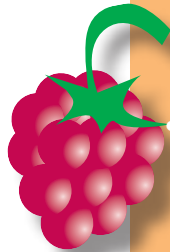
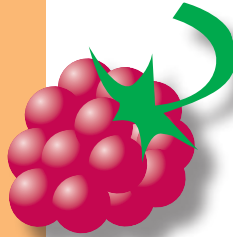
- Drinks that are nutritious have vitamins, minerals and nutrients, like Vitamin C or calcium that are essential for good health.
 - Sugar – both natural and added - is found in many drinks. Glucose, fructose, and maltose are examples of sugars.
 - Healthier drinks are nutritious and low in sugar.
 - 100% unsweetened fruit or vegetable juice are good choices!
- 

Just because it says “fruit” doesn’t mean it has nutritional value.

In fact, most fruit drinks (beverages or cocktails and punch) contain only a small amount of juice, and have little nutritional value. Sometimes the only fruit in a fruit drink is artificial fruit flavour. Fruit drinks also have lots of added sugar. Adding vitamins, as some manufacturers do, does not make these drinks a healthy choice.

The same can be said of pop, iced tea, sports drinks, and energy drinks. While the ingredients vary from drink to drink, in general they are high in sugar and low in nutritional value. They also often contain caffeine which is a stimulant (that makes us irritable and nervous) and leads to dehydration because it takes water **out** of our body. Regular and diet pop also contain acid which is harmful to teeth.

- Choose water, milk, or 100% juice instead of fruit drinks, beverages, cocktails or punch.
- Drink sports drinks only when you are training hard for 90 minutes or longer.
- Buy small quantities of pop and iced teas, and avoid stocking your refrigerator.
- Have pop or iced tea only as a special treat, and not as your daily fare.
- There is no reason to ever drink energy drinks which are essentially “super” pops.



Make healthy choices the easy choice.

Choose most often

- Water
Calorie and sugar free, water is always a healthy choice!
- Milk
A healthy choice containing protein, calcium, and vitamins A and D.

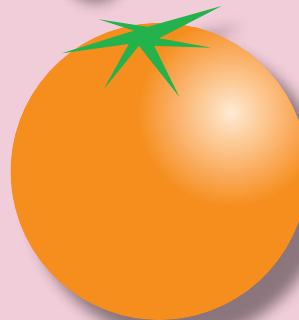
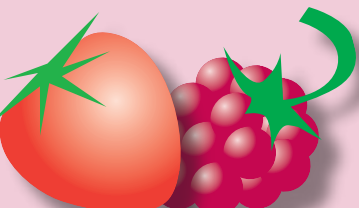
Choose sometimes

- 100% juice
Juice contains Vitamins C and A, folate, potassium and antioxidants. Choose 100% unsweetened juice which contains less sugar.
- Chocolate milk
Chocolate milk has the same nutritional value as plain milk, but it contains more sugar.

Choose least often

- Sports drinks (e.g. Powerade™ or Gatorade™)
Only a good choice during or following 90 minutes or more of continuous, vigorous exercise
- Fruit drinks, beverages, cocktails, or punches
These drinks contain lots of sugar and have little nutritional value.
- Pop
Pop has **no** nutritional value and may be high in sugar and caffeine.
- Energy Drinks (e.g. Red Bull™)
These drinks contain caffeine, sugar, and salt, and should not be taken during exercise OR by children, and pregnant or breastfeeding women at any time.

*In general,
drinks with
fewer
ingredients
listed are
healthier choices.*



A little juice goes a long way

Juice contains nutrients which we need but even unsweetened juice has a fair amount of natural sugar. For this reason it is important to limit the amount of juice you drink each day.

- Always choose 100% unsweetened juice.
- Children under two years do not need juice at all.
- Older children and adults should limit juice consumption to one serving per day (125ml or ½ cup)
- Substitute whole fruit for juice. Whole fruit has less sugar per weight than juice and contains fiber which helps with digestion.
- Frozen fruit is also a nutritious choice.

The fridge magnets are reminders to think about the choices you have when you go to the refrigerator for something to drink.



One reminds you that water is always a good choice;



another offers you a recipe for smoothies as an alternative;

Nutritional Value	Drink	Sugar Content
🍏🍏🍏🍏	vegetable cocktail juice	✓
🍏🍏🍏	milk or fortified soy beverage	✓✓
🍏🍏🍏	chocolate milk	✓✓✓
🍏🍏🍏	100% fruit juice (unsweetened)	✓✓✓✓
🍏	fruit drink, beverage, cocktail or punch	✓✓✓✓✓
🍏	sports drinks (gatorade or powerade)	✓✓✓✓✓
	pop, iced tea, energy drinks	✓✓✓✓✓

The more apples and fewer spoons, the healthier the drink.

the third helps you compare drink choices. Drinks with more nutrients and less sugar are healthier choices.

Let's drink to your health!

Yukon
 Health and Social Services