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SIP SMART! BC

An initiative of the BC Pediatric Society
and the Heart and Stroke Foundation of BC & Yukon

The Sip Smart! Program teaches children in Grades 4 to 6 about sugary drinks!

Why is *Sip Smart!* important to you and your children?

- ☉ **Sugary drinks are everywhere.** Pop, fruit “punch”, sport drinks and many other drinks have a lot of sugar. Too much sugar is not good for your child’s health.
- ☉ **The extra calories in sugary drinks can add up quickly.** This can lead to an unhealthy weight, putting your child at higher risk of high blood pressure, heart disease and diabetes.
- ☉ **Healthy foods and drinks build a body that is just right for your child.**
 - Healthy children learn better.
 - Healthy children perform better at school and socially.
 - Healthy children have more energy to be physically active.

Healthy drink choices will help build and maintain a healthy body today, and build a strong body that is fit for a lifetime. Help your child to **Sip Smart!**

Tips for making the healthy choice, the easy choice!

- ☉ **Keep a jug of chilled water in the refrigerator** — especially in the summer!
- ☉ **To help your child drink less sugar from drinks,**
 - Buy smaller sizes of sugary drinks.
 - Pour smaller servings.
- ☉ **Serve drinks from the “Choose Most” list below more often.**

Choose Most
Water
Plain, unflavoured milk/fortified soy beverage

Choose Sometimes
100% Juice (fruit, vegetable or combination*)
Flavoured milk/fortified soy beverage

Choose Least or Not Recommended
Fruit drinks
Pop or diet pop, sports drinks and energy drinks
Other sugar drinks
(For example; iced tea, ice slushy, bubble tea)

*A single serving is 125 mL or 1/2 cup, and 1 juice serving is enough in 1 day.



Every move is a good move.



ActNowBC.ca



Water is always a great choice!