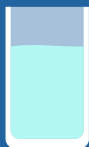


Choosing Healthy Drinks



Choose **water**, **unsweetened teas**, **carbonated water**, or **low fat milk** to get enough fluids each day



To add flavour to your water, look for **lemon**, **lime**, or **herbs** (such as **mint** or **basil**) in the produce section



Beware of fruit juice that is labeled with no sugar added

No sugar added does not mean sugar-free

Juice contains a lot of **free sugar**, which is sugar that has been separated from the fruit

Check the ingredient list



Check if sugar has been added to a drink

Words like, **sugar**, **glucose-fructose**, and **high fructose corn syrup** are examples of added sugars



Limit drinks with sweeteners, like diet pop

Drinks with sweeteners could replace healthier options such as water

Disclaimer: These tips are for information only. They do not replace advice from your doctor.



Learn more about choosing healthy foods.

Visit www.cardiaccollege.ca or www.diabetescollege.ca to watch the Choosing Healthy Foods video series.