

Count Your CUBES!

THE BEST BEVERAGE CHOICES!

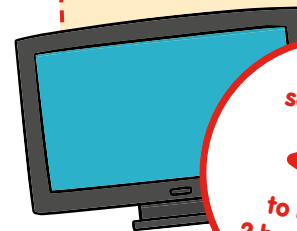
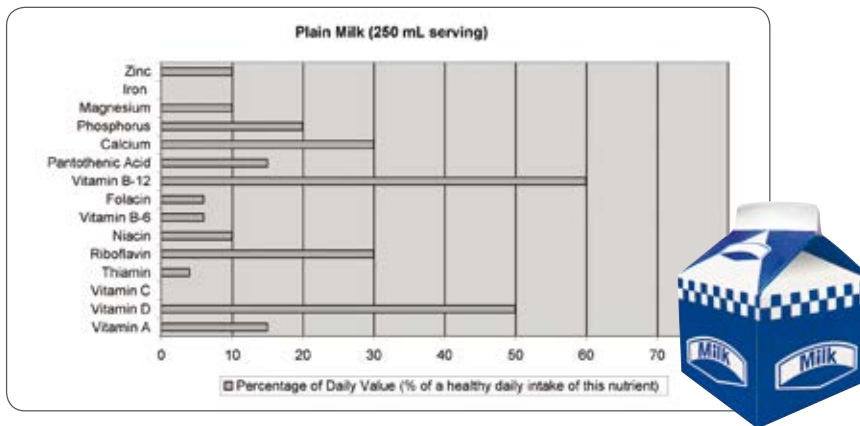
- One of the best drinks is water.
- Drinks such as water and plain milk have more nutrients than sugary drinks. Nutrients help children grow and keep them healthy.
 - Calcium is one of the nutrients in milk. Vitamin D is also added to milk. The nutrients in milk are very important for children.
- Sugary drinks include pop, sweetened iced tea, sports drinks, and energy drinks. Sugary drinks mean added calories and not much of anything else.

YOU DRINK WHILE YOU WATCH AND YOU DRINK WHAT YOU WATCH, SO IT IS IMPORTANT TO LIMIT SCREEN TIME TO TWO HOURS OR LESS A DAY.

THIS IS ESPECIALLY IMPORTANT IN THE SUMMER MONTHS, WHEN IT IS BEST FOR CHILDREN TO BE OUTSIDE AND ACTIVE.

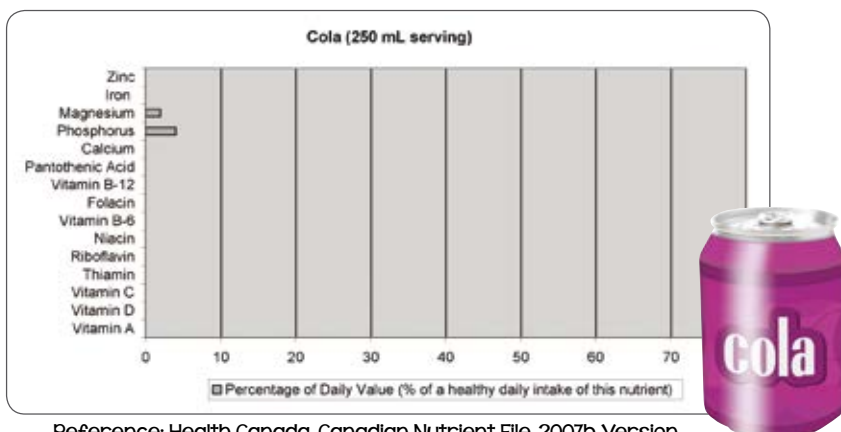
Compare the Graphs:

Healthy Drink Choices have LOTS of Nutrients



Limit screen time
<2
to less than
2 hours per day

Less Healthy Drink Choices DON'T!



Reference: Health Canada, Canadian Nutrient File, 2007b Version