



First Nations Health Authority
Health through wellness

Children's Oral Health Initiative (COHI)

Best Choices for Drinks at Home

**To make the best choices easy,
keep drinks with no or low sugar handy!**



For example:

- Keep your fridge stocked with cold water and milk.
- Keep sugary drinks out of the house most of the time.



**Water is the Best Choice to Satisfy Thirst!
Water is Calorie and Sugar Free!**

Some healthy ways to flavor water at home:

- Add a slice of lemon, orange or lime.
- Add some sliced ginger.
- Add fresh herbs such as mint.
- Add a cinnamon stick.
- Or try sparkling water.



To make ice tea at home:

- Use decaffeinated tea or herb or fruit tea.
- Don't add sugar or other sweeteners.
- Flavor it with slices of ginger, lemon, orange or lime or fresh mint or cinnamon sticks.

**Be a role model for healthy habits. When we make healthy drink choices,
our friends and family are more likely to make healthy choices too!**