



Health
Canada

Santé
Canada

Your health and
safety... our priority.

Votre santé et votre
sécurité... notre priorité.

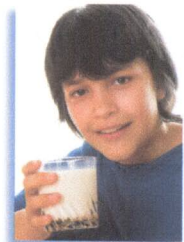
YOU decide what to provide



Choose the BEST for your child...

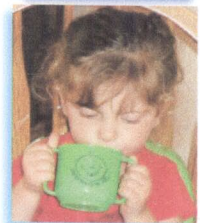
MILK

at meals



WATER

for thirst



LIMIT

sugary drinks
and sticky treats



OFFER

a variety of foods from
Canada's Food Guide
at meal and snack time



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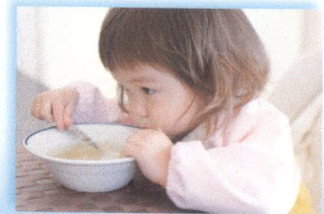
MAR 26 2012

Did you know...

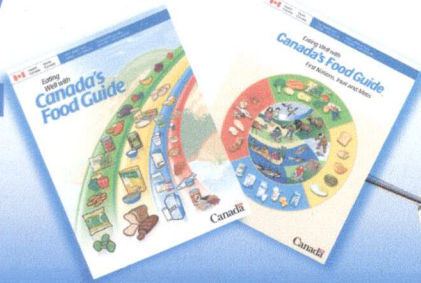
Constant nibbling or sipping can *damage* teeth?

3 things to ask *before* you offer that snack...

1 Is it sticky?




2 Is it in Canada's Food Guide?



3 How many times a day?



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Children drink what you provide So always check what's inside!



Juice Box
200 ml

6
Teaspoons
of sugar



Orange Juice
414 ml

10
Teaspoons
of sugar



Sweet drinks are
NOT
meant for
sippy cups
and
bottles



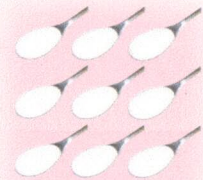
Canned Soft Drink
355 ml

9
Teaspoons
of sugar



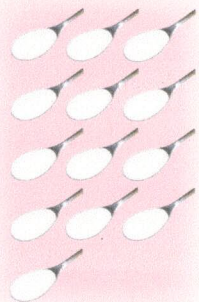
Chocolate milk
350 ml

9
Teaspoons
of sugar



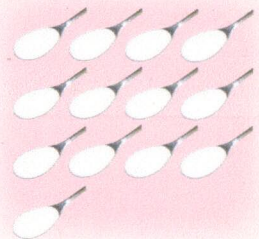
Bottled Iced Tea
473 ml

13
Teaspoons
of sugar



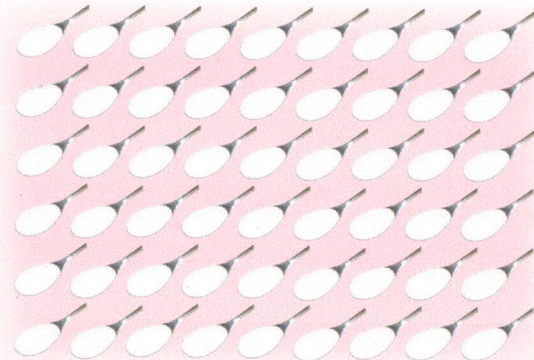
Energy drink
710 ml

17
Teaspoons
of sugar



Soft drink
1.8 L

54
Teaspoons
of sugar



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