



How can I know if sugar is added to my children's drinks?

Added sugar is a major ingredient in many popular drinks. Nutrition labels can help us make healthy drink choices. To know if sugar has been added read the ingredient list.

These words on the ingredient list mean sugar has been added: sugar, brown sugar, cane sugar, beet sugar, sugar/glucose-fructose, dextrose, fructose, high fructose corn syrup, glucose, maltose, sucrose, fruit juice concentrates, honey, molasses, maltodextrin, agave syrup, malt syrup, maple syrup, syrup.



Choose drinks that contain no added sugar.

Sip Smart!™ Ontario is an initiative designed to teach children in Grades 3 to 7 what they need to know to make healthy drink choices.

The Sip Smart!™ Ontario resources are fun and interactive. Families can find them online at www.brightbites.ca

Learn more about our
Healthy Kids Activities at
www.temiskamingshores.ca
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