

Flavoured and Vitamin-Enhanced Water

Most of these products try to give people the idea that they will add to your health and well-being but they are NOT necessary for good health. Some popular brands have between 6-8 teaspoons of sugar, while others may be sweetened with an artificial sweetener. Many also contain caffeine.

Drinking too much of these products can result in an excess intake of vitamins, minerals and caffeine, which can be unsafe. It is important to read the label to find the maximum amount that can be consumed on a daily basis. These products should be kept out of children's reach and are usually not recommended for children.

What About Coconut Water?

Coconut water and coconut milk are not the same thing. Coconut milk is used for cooking rather than drinking.

The nutrition in coconut water can vary with the age of the plant. Generally, plain coconut water has much less sodium, much more potassium and less carbohydrate than commercial sports drinks. Coconut water can be a source of hydration, but water works just as well.

But...most coconut drinks contain added sugars, often as much as pop. Companies now make flavoured blends, which can have added sugar or fruit juice. A latte blend of coconut water is made with coffee and therefore has caffeine. It is important to read the ingredient list to know what you are drinking!

References

Ontario Society of Nutrition Professionals in Public Health (OSNPPH),
Sip Smart!™ Ontario Teacher Resource Guide, 2016 (adapted with permission)

