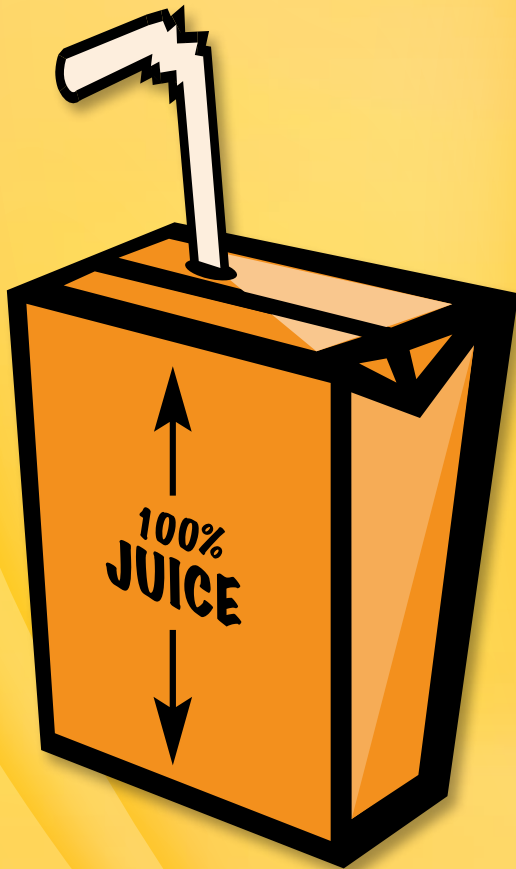
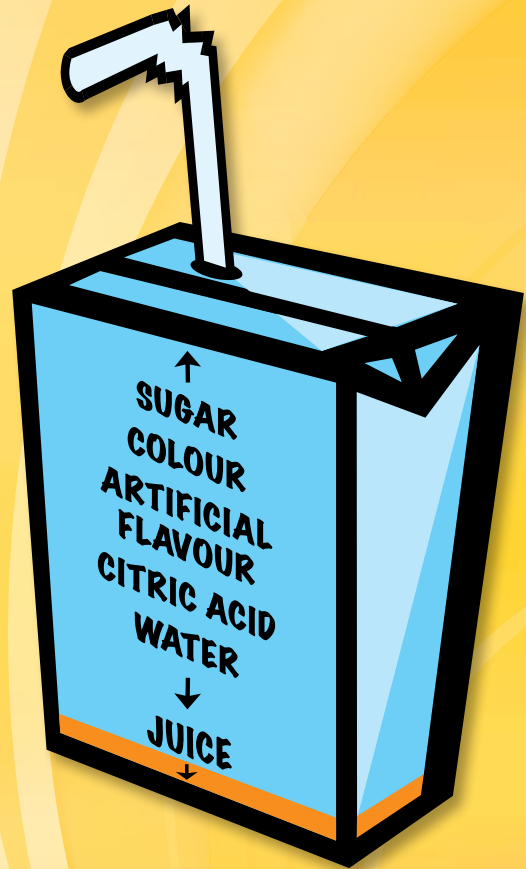


# SIP SMART! BC™

## FRUIT JUICE OR FRUIT DRINK?



**100% Fruit Juice**  
(unsweetened)



**Fruit Drink**  
(contains 0-25% real fruit juice  
and often added sugars  
and chemicals for flavour)

→ Limit anything called:

- © drink
- © beverage
- © punch
- © -ade
- © cocktail

**Fruit**