SIP SMART! BC™ KEY MESSAGES

Some drinks don't fit into the four food groups in *Eating Well with Canada's Food Guide* or *Eating Well with Canada's Food Guide - First Nations, Inuit and Métis.*

Sugar is a major ingredient in many popular drinks.

Knowing what is in drinks helps us to make healthy choices.

The number and size of servings we drink affects the amount of sugar we consume.

Drinking sugary drinks "bumps out" nutritious drinks.

Some ingredients in sugary drinks other than sugar, such as acid and caffeine, may damage our health.

Drink choices can be influenced by various factors, including family, friends and the media.

We can decide for ourselves to make healthy drink choices.

Drink water - it's always a great choice!

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Sip Smart! BC™

Visit us at www.bcpeds.ca

*The **Sip Smart! BC™** update is a partnership between the BC Pediatric Society and the B.C. Government.*

The Sip Smart! BC™ Program teaches children in Grades 4-6 about sugary drinks!

Why is ***Sip Smart! BC™*** important to you and your children?

- **Sugary drinks are everywhere.** Pop, fruit "punch", sport drinks and many other drinks have a lot of sugar. Too much sugar is not good for your child's health.
- **The extra calories in sugary drinks can add up quickly.** This can lead to an unhealthy weight, putting your child at higher risk of high blood pressure, heart disease and diabetes.
- **Healthy foods and drinks build a body that is just right for your child.**
  - Healthy children learn better.
  - Healthy children perform better at school and socially.
  - Healthy children have more energy to be physically active.

Healthy drink choices will help build and maintain a healthy body today, and build a strong body that is fit for a lifetime. Help your child to ***Sip Smart!***

Tips for making the healthy choice, the easy choice!

- **Keep a jug of chilled water in the refrigerator** — especially in the summer!
- **To help your child drink less sugar,**
  - Buy smaller sizes of sugary drinks.
  - Pour smaller servings.
- **Serve drinks from the "Choose Most" list below more often.**

Choose Most
Water
Plain milk/
unsweetened fortified soy beverage

Choose Sometimes
100% juice *(vegetable, fruit or combination)*
Reduced sugar flavoured milk/fortified soy beverage

Choose Least or Not at All
Fruit drinks
Pop or diet pop, sports drinks and energy drinks
Regular flavored milk/fortified soy beverage
Other sugary drinks
(For example; iced tea, slushy, bubble tea, vitamin-enhanced water, store-bought smoothie)

A single serving is 125 mL (1/2 cup) and 1 juice serving is enough in 1 day.
It's better to eat vegetables and fruit than to drink them.

Water is always a great choice!

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Sip Smart! BC™

Helping your child make healthy drink choices

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Sugary drinks are beverages that have sugar or sugar syrups added to them.

Examples include energy drinks, fruit drinks, pop, sports drinks, slushes, specialty coffee and tea drinks and vitamin-enhanced waters.

The **Sip Smart! BC™** update is a partnership between the BC Pediatric Society and the B.C. Government.

The Sip Smart! BC™ Goal

By teaching children why it is important to drink fewer sugary drinks, ***Sip Smart! BC™*** complements other efforts to make healthier choices easier for British Columbians.

→ The ***Sip Smart! BC™*** goal: When kids are thirsty, they reach for **healthy** thirst-quenchers!

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Your family can Sip Smart!

Why is this information important to you and your children?

- Sugary drinks are everywhere, but healthy drink choices are better for your child's health.
- Most sugary drinks provide little or no nutrition and take the place of healthy drinks like water and plain milk.
- Drinks don't fill us up or help us feel satisfied so we may eat or drink more than we need.[4]
- Many sugary drinks contain other things that can harm your child, such as acid and caffeine.
- Healthy food and drinks build a body that is just right for your child.
  - Healthy children learn better.
  - Healthy children perform better at school and socially.
  - Healthy children have more energy to be physically active.

Water is the best choice to satisfy thirst. It's a sugar free way to stay hydrated, energized and alert. Help your child to **Sip Smart!**

This booklet has information and tips about sugary drinks to help you help your child make healthy drink choices.

For more information, please visit the Programs and Resources page of the BC Pediatric Society website www.bcpeds.ca and click Sip Smart!BC™.

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There's added sugar in many drinks. Kids don't need added sugar.

Sugary drinks or "sugar-sweetened beverages" are any drinks that contain **added** sugar. Often, they have little or no nutritional value.

Does your child choose any of the sugary drinks shown?

If your answer is yes,

- Circle the drinks your child has most often.
- Check the back cover of this booklet to see how much sugar is added to each drink.
- Think about how much extra sugar your child is getting in those drinks!

HOW MUCH SUGAR IS YOUR CHILD DRINKING?

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To learn how much sugar is in your child's drink, read the labels.

On food and drink labels, the total amount of sugar is written in grams. TOTAL sugar means both sugars that come from natural sources such as fruit and sugars that have been added to drinks.

It is easier to understand how much total sugar is in a drink if we think of sugar cubes:

4 grams = 1 teaspoon or 1 sugar cube.

THINK ABOUT IT!

- One standard size *(355 mL)* can of pop has **40 grams** of added sugar. 40 grams is 10 teaspoons of sugar (or 10 sugar cubes).

  40 grams ÷ 4 = 10 teaspoons or 10 sugar cubes

- Health professionals suggest that no more than *10% of our daily calories* come from added sugars and sugars naturally present in 100% fruit juice. For children, this means no more than 13 cubes (or about 50 grams) of sugar a day.

- So… ***one 355 mL can*** may have **almost** the maximum amount of sugar for one day.

13 SUGAR CUBES IS THE LIMIT!

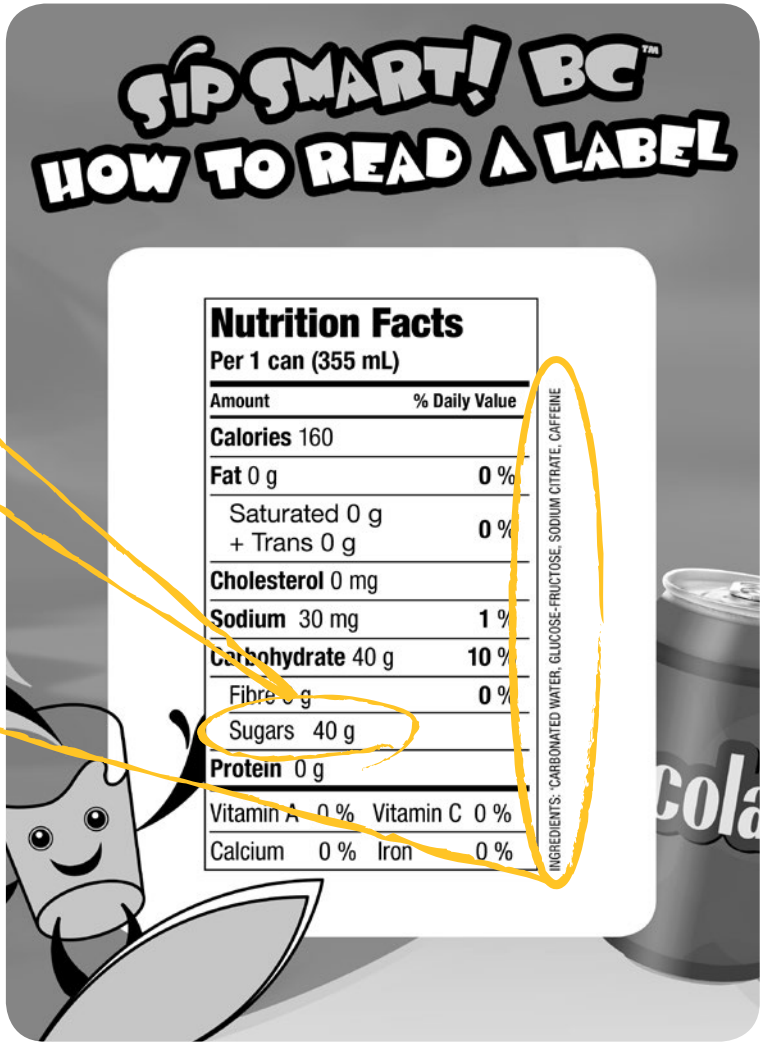
Where to Look for Sugar

- The grams of sugar on the label gives the TOTAL amount of all sugars in the product. For drinks, this includes added sugars AND sugars that occur naturally in drinks like 100% fruit juice, and plain milk.

- 40 grams of sugar is equal to 10 teaspoons or 10 sugar cubes.

- There are many different names for sugars. *Examples: sugar, syrups (cane syrup, maple syrup, rice syrup, etc.), "ose" words (high fructose corn syrup, glucose, fructose, etc.) honey, molasses.*

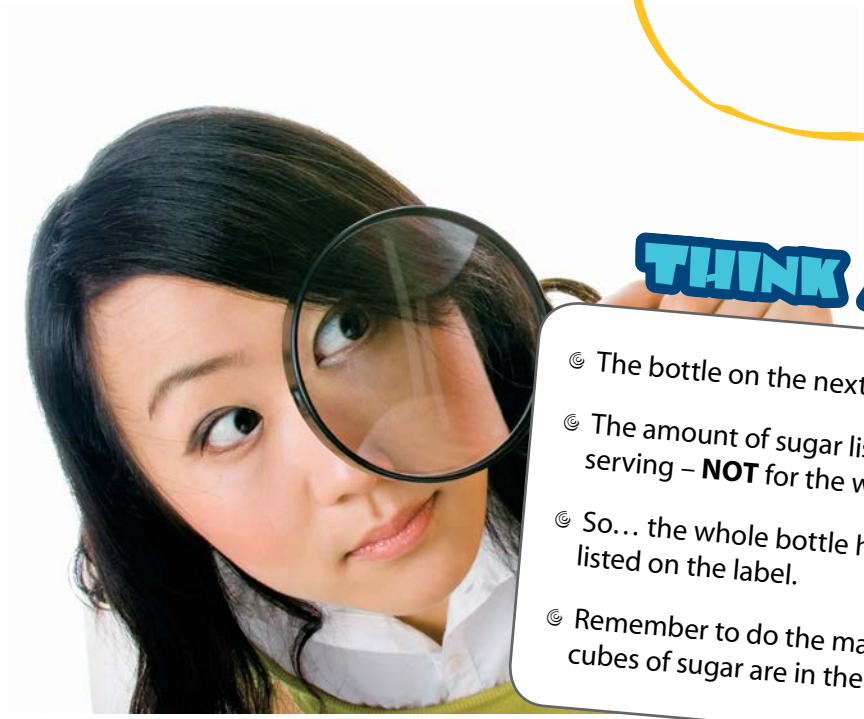
THIS DRINK HAS A WHOPPING 10 TEASPOONS OF SUGAR!



Labels tell you how much sugar your child is drinking.

But... the serving size on a label might not be for the size of the can, carton or bottle. Your child might be drinking more than a single serving.

Did you know that a popular fast food restaurant's child-size pop today, was called their "king-size" pop in the 50's?



THINK ABOUT IT!

- The bottle on the next page is 591 mL.
- The amount of sugar listed on the label is for a 355 mL serving – **NOT** for the whole 591 mL bottle.
- So… the whole bottle has **7 more cubes** of sugar than listed on the label.
- Remember to do the math and calculate how many cubes of sugar are in the container you are drinking!

CHECK OUT THE "PORTION DISTORTION"

REMEMBER TO CALCULATE THE ACTUAL NUMBER OF SUGAR CUBES IN YOUR DRINK CONTAINER!

10 sugar cubes in 355 mL

591 mL bottle

17 sugar cubes in 591 mL

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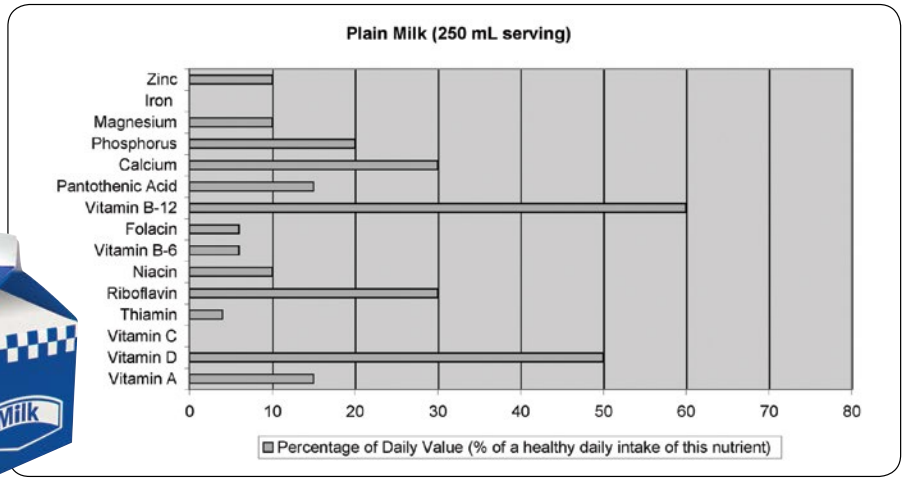
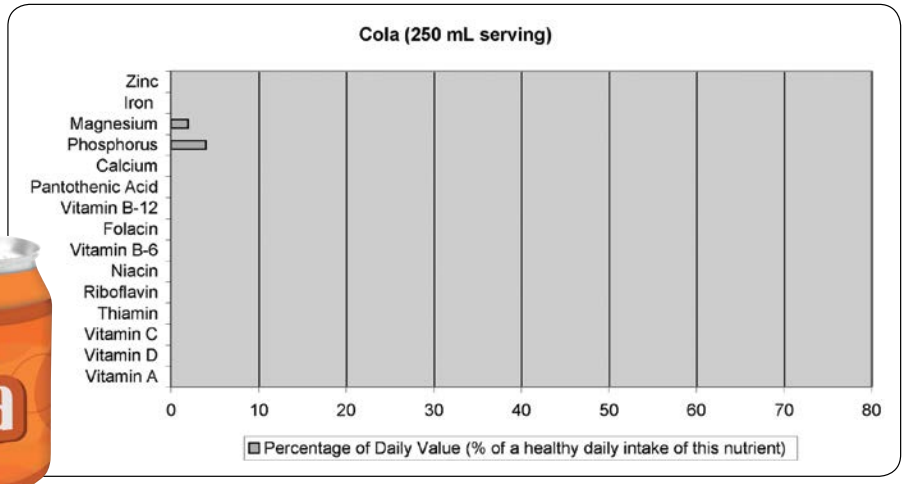
COMPARE THE GRAPHS!

Healthy Drink Choices have LOTS of Nutrients [3]



Less Healthy Drink Choices DON'T!



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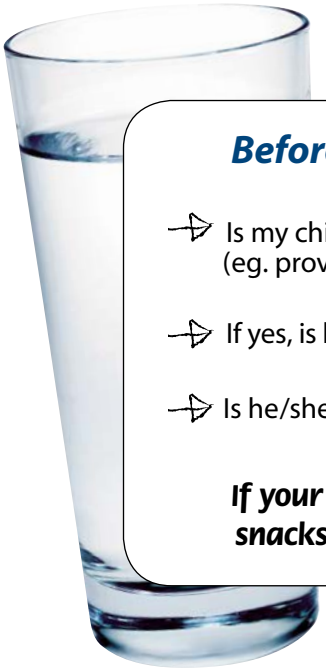
Sports drinks are advertised a lot. Kids rarely need sports drinks.

Sports drinks are generally made up of water, sugar and a small amount of sodium and potassium. The idea is that, to help keep professional athletes hydrated and performing optimally,

- sugar provides some energy, and
- electrolytes (sodium and potassium) replace what the body loses through sweat.

It is healthier for young athletes to have:

- regular water breaks every 15 or 20 minutes,
- a healthy snack during breaks, and
- water and a healthy snack after a game or workout.



Before buying a sports drink, do the Sport Drink Check!

Is my child active at an elite level in an intense competitive sport? (eg. provincial soccer team)?	Yes	No
If yes, is he/she continuously active for more than 90 minutes (non–stop)?	Yes	No
Is he/she exercising in very hot or cold weather or in heavy uniforms?	Yes	No

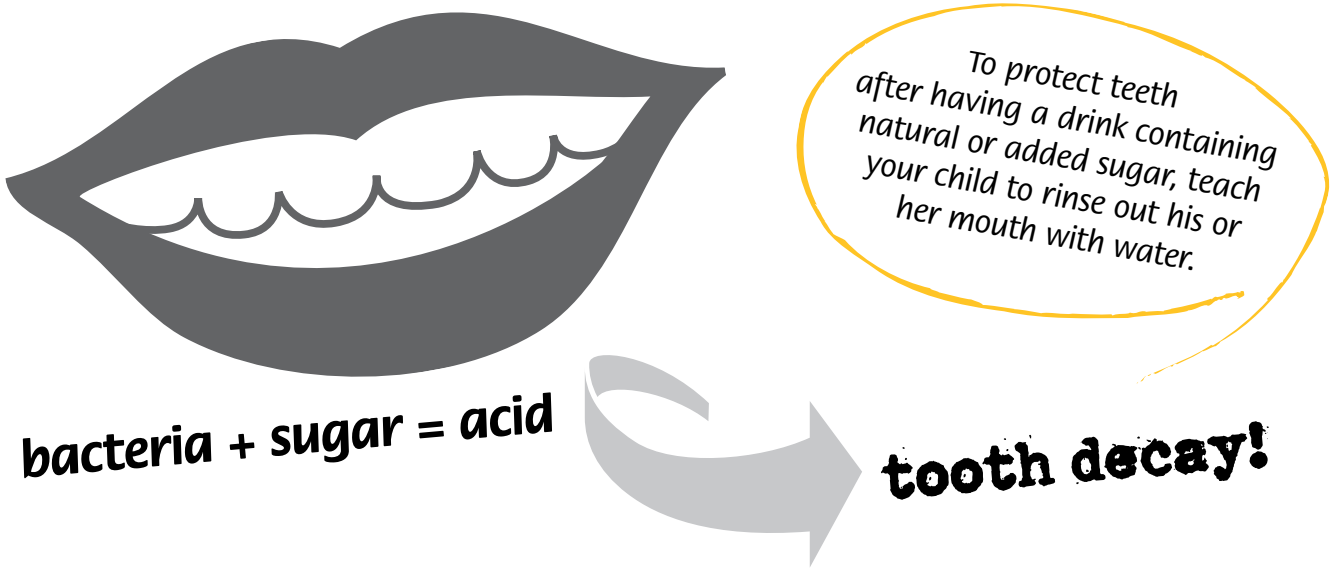
If your answer is "no" to any of these questions, water and healthy snacks are enough – your child likely does not need a sports drink.

There is acid in most sugary drinks. Kids don't need acid in their drinks.

Acids are chemicals that are sometimes added to foods and beverages to alter taste and act as a preservative. One of the properties of acid is that it dissolves things. Any drinks with acid can cause tooth decay. Drinks that contain natural or added acids are: pop (regular and diet), most flavoured waters, all fruit drinks, and all fruit juices.

When you sip drinks that have acid, your teeth get exposed to acid over and over again. The longer your child sips a drink, the greater the chance of tooth decay. This is just as true for 100% fruit juices as for sugary drinks and diet pop.

TEACH YOUR CHILD TO SIP SMART—SIP WATER!



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Caffeine is added to many sugary drinks. Kids don't need caffeine in their drinks either.

When a child drinks a can of cola, the caffeine has the same effect as an adult drinking 4 cups of instant coffee!

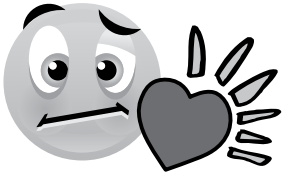
Caffeine is an addictive stimulant that can affect the way your child feels. Even low levels of caffeine can affect a child's behaviour.[4]

If you see these words on an ingredient list, the product has caffeine and should not be given to children: caffeine, coffee, tea, green tea, or guarana.

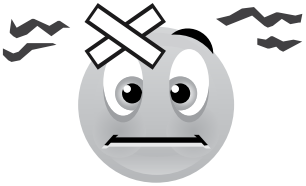
These drawings show some of the symptoms of ***too much caffeine****. If your child has some of these symptoms, it could be from the caffeine in drinks.*

mind wandering

heart beating too fast

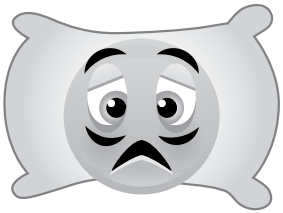


headache



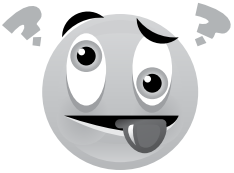
more trips to the bathroom

tired/trouble sleeping



feeling sick

fidgity and restless



irritable and anxious

Energy drinks are high in caffeine (and sugar). Kids don't need energy drinks at all.

You may have seen extreme sports (such as competitive downhill skiing, biking, snowboarding and skateboarding) in advertising for energy drinks. The ads suggest energy drinks boost performance.

The reality is that energy drinks have a lot of sugar, have as much sugar as pop **and** are high or very high in caffeine.

Lots of practice and encouragement will be better for your child's growth and development in sports than sport or energy drinks!

THINK ABOUT IT!

- ***One 500 mL*** can of an energy drink contains at least ***160 mg*** of caffeine. That may be double the suggested daily limit of caffeine for 7- to 12-year olds.
- Many energy drinks also have added substances such as guarana and taurine. These additives have never been tested in children.
- ***The quick*** burst of energy they get from the high sugar content is usually followed by an ***energy crash***.

Caffeine Check!

- Energy drinks come in containers that are much larger than 250 mL. The smallest size is 355 mL and the largest (and most popular) is 710 mL - so it could contain up to 180 mg of caffeine.
- Although it appears that coffee has more caffeine than energy drinks, it is important to remember that children do not tend to drink coffee! But energy drinks are a popular drink choice for kids.

Energy drinks are a popular drink choice for school aged children.

They often choose the large can that can have a whopping **180 mg** of caffeine!

That's over the daily limit for caffeine for children.

DO YOU KNOW HOW MUCH CAFFEINE IS IN THESE DRINKS?

Drink 250 mL (1 cup)	**Caffeine** (mg/250 mL*) [5]
Coffee (regular)	**126 - 191**
Energy drink	**80 or more**
Tea (black or green)	**8 - 57**
Cola	**25 - 32**
Chocolate milk	**7**
Coffee (decaf)	**3**
Herbal (caffeine-free) tea	**0**

*Averages stated; actual amounts will vary by brand

THINK ABOUT IT!

- Health professionals suggest children aged 7 to 12 get no more than 65 to 85 mg of caffeine per day.
- So… ***one 591 mL bottle*** of cola can exceed the maximum.

So… How can I help my child to make healthy drink choices?

To help your child make healthy drink choices every day, follow *Eating Well with Canada's Food Guide* or *Eating Well with Canada's Food Guide – First Nations, Inuit and Métis*, and use the chart below.[6]

Remember to serve drinks from the **"choose most"** list most often!

Choose Most

Water

Plain milk/
unsweetened fortified soy beverage

Choose Sometimes

100% juice *(vegetable, fruit or combination)*

Reduced sugar flavoured milk/fortified soy beverage

Choose Least or Not At All

Fruit drinks

Pop or diet pop, sports drinks and energy drinks

Regular flavoured milk/fortified soy beverage

Other sugary drinks

(For example: iced tea, slushy, bubble tea, vitamin-enhanced water, store-bought smoothie)

NOTE: A single serving is 125 mL (1/2 cup) and 1 juice serving is enough in 1 day. It is better to eat vegetables and fruit than to drink them.

The best choices for kids are drinks without added sugars.

- ***Water is the best choice to satisfy thirst.*** Drinking water helps keep your child hydrated without adding extra calories, sugar, sodium or caffeine to their diets.

- Drinks ***with added sugars*** include pop, fruit drinks, sweetened iced tea, sports drinks, and energy drinks. Added sugars mean added calories and not much of anything else.

  Drinks with added sugars are not the only unhealthy choices.

- Some drinks have ***artificial sweeteners*** (e.g., aspartame and sucralose). They should be limited in children's drink choices.

  Drinks with artificial sweeteners contain few, if any, nutrients. Drinks with artificial sweeteners are often called "diet" drinks.

- Some drinks have ***additives*** that are not recommended for children (e.g., acids that can damage teeth, and caffeine including natural sources such as tea, yerba mate and guarana).

Make the healthy choice the easy choice!

- To cut back on sugary drinks at home:
  - Keep a jug of chilled tap water in the fridge. For a change, add a handful of berries, sliced cucumber or fresh herbs.
  - Buy smaller sizes of sugary drinks or pour smaller servings, saving the rest for next time.
  - Offer plain milk or water with meals or snacks, and water the rest of the day.

- If plain milk is not an option, other calcium-fortified drinks are available (e.g. unsweetened fortified soy beverage, unsweetened fortified rice beverage).

- Encourage your child to drink more water in hot weather and when very active.

- Stock the fridge with whole vegetables and fruit instead of 100% fruit juice. If you have juice at home, offer no more than 125 mL (1/2 cup) each day.

- Be a role model for healthy habits. When you make healthy drink choices, your children are likely to make those choices too.

Tips for answering your child's questions about drinks.

Parents tell us their children ask why some drinks with sugar are OK and some are not.
If your child asks these questions, here are some answers!

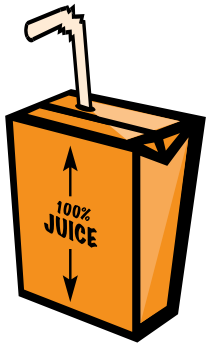
Q. If plain milk and juice have natural sugars, why is it OK to drink these - but not drinks with added sugar?

A. Yes, it is true that:

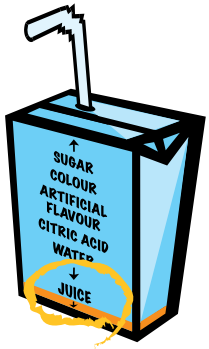
- one cup (250 mL) of plain milk contains 3 teaspoons of naturally occurring sugar.
- one half cup (125 mL) of most 100% fruit juices contains 3-$^1/_2$ teaspoons of naturally occurring sugar.

However, these drinks have more nutrients to help you grow than drinks with added sugar (show him/her the graphs on page 11 to make your point!).

Q. Isn't fruit juice the same as a fruit drink?



Juice labelled "100% fruit juice" or "unsweetened 100% juice".



Drinks that are not 100% juice contain only a small amount of juice or none at all.

A. No they're not the same:

- fruit drinks may contain only a small amount of real fruit juice along with added sugars. Examples: fruit "drink", "punch", "cocktail," "blend", "-ade" or powdered drinks.
- Most of the flavour in drinks that are not 100% juice comes from added sugar and chemicals.
- **remember:**
  - less juice is better,
  - it is better to eat your vegetables and fruit than to drink them, and
  - ***water is the best choice to satisfy thirst!***

References used in this guide

[1] HealthyFamilies BC, *Food & Nutrition Resources*, August 2013

[2] Dietitians of Canada, *Sugary Drink Sense factsheets for adults, parents, seniors and teens*, June 2012

[3] Health Canada, *Canadian Nutrient File*, 2010

[4] Temple, JL. *Caffeine Use in Children: What we know, what we have left to learn, and why we should worry*, 2009

[5] Health Canada, *Food & Nutrition: Caffeine in Food*, 2012

[6] BC Ministry of Education and BC Ministry of Health, *Guidelines for Food and Beverage Sales in B.C. Schools*, 2013

If you want to learn more...

HealthyFamilies BC:
www.healthyfamiliesbc.ca/eating
(Search: Sugar + Drinks)

Dietitian Services at HealthLinkBC:
www.healthlinkbc.ca/healthyeating/
(email or call '8-1-1' and ask to speak to a dietitian)

Dietitians of Canada:
www.dietitians.ca

Health Canada:
www.hc-sc.gc.ca

For more information, please visit the Programs and Resources page of the BC Pediatric Society website www.bcpeds.ca and click Sip Smart! BC™.

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HOW MUCH SUGAR IS YOUR CHILD DRINKING?

10

700 mL (2 3/4 cups)

8

591 mL (2 1/2 cups)

21

500 mL (2 cups)

14

500 mL (2 cups)

10

355 mL (1 1/2 cups)

17

591 mL (2 1/2 cups)

14

500 mL (2 cups)

20

500 mL (2 cups)

24

1000 mL (4 cups)

The amount of sugar in these drinks varies by product and choice. 1 sugar cube = approximately 1 teaspoon sugar.

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