



Pathways to Well-Being

Published By: Pathways, Quesnel Aboriginal Chronic Disease Prevention Program

Smart Beverage Choices

GO

Have
5 tsp.
SUGAR

Real Food, enjoy EVERYDAY



- Drink 2-3 cups milk daily
- 100% juice- 1 cup/day is enough
- Water, drink all you want
- 30 minutes fast walking to burn off



CAUTION

Have
10 tsp.
SUGAR

These are Liquid Candy, have SOMETIMES



- At most, have 1-2 times a week
- Check the label: if it doesn't say **100% real juice**, its just sugar and water
- 40-60 minutes fast walking to burn off



STOP

Have
15+ tsp.
SUGAR

A Lousy Litre is NEVER a choice



- These have way too much sugar
- It makes you gain weight, increasing your risk of diabetes and heart disease
- 1-3 hours fast walking to burn off !



You could gain 25 pounds in 1 year, from drinking ONE 591 ml pop everyday.



Choose Healthy

- 1.** Pick **100% real fruit juice**. Check the Label: if you see Drink, Cocktail, Punch, Blend or Beverage, these are sugar and water, not juice.



- 3.** Drink water instead of fruit drinks, pop and even 100% fruit juice



- 2.** Kids eat better if they only have $\frac{1}{2}$ cup of **100% real juice** a day. Water is better for them.

- 4.** Eat fruit instead of drinking juice. You will get more goodness in the whole fruit.



- 5.** Eat a Healthy Diet
- Eat vegetables and fruits with every meal
 - Try to cut back on high fat, high sugar and salty foods



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This program is funded by the Northern Health Authority