

Healthy Families BC

 Search

Facts About Sugary Drinks

August 13, 2013 by HealthyFamilies BC

Sugar in drinks add calories we don't need.

Learn how to make healthier drink choices, and choose milk and water more often.



Fact: Sugary drinks add calories we don't need.

- Sugary drinks are beverages that have sugar or sugar syrups added to them.
- Sugary drinks include energy drinks, fruit drinks, pop, sports drinks, slushes, specialty coffee and tea drinks, and vitamin-enhanced waters.
- Most sugary drinks provide little or no nutrition and take the place of healthier choices like water and milk.

Fact: It's better to eat calories, than to drink them.

- Calories from drinks don't fill us up.
- Some large sizes of sugary drinks contain as many calories as a whole meal.
- Excess calories from all sources, including sugary drinks can lead to weight gain. Excess body weight can increase the risk of diabetes, high blood pressure and heart disease.
- Sipping on sugary drinks throughout the day can harm the teeth leading to cavities or pain.

Fact: Water is the best choice to satisfy thirst.

- Drink water with meals and regularly throughout the day. It's a calorie and sugar free way to keep hydrated. Good hydration helps us feel energetic and alert.
- Water is essential to good health.

Fact: Nutrition labels can help us choose healthy drinks.

- Choose drinks that contain no added sugar most of the time.
- These words on the ingredient list mean sugar has been added: sugar, brown sugar, cane sugar, beet sugar, sugar/glucose-fructose, dextrose, high fructose corn syrup, maltose, sucrose, fruit juice concentrates, honey, molasses, maltodextrin, agave syrup, malt syrup, maple syrup and syrup. There is little nutritional difference between the types of sugar. Limit intake of all kinds.
- For further information on reading nutrition labels, visit Health Canada's website.

The information on the Healthy Eating pages of the HealthyFamilies BC website is intended for educational and informational purposes only. It is not intended to replace medical advice, diagnosis or treatment from a physician or other qualified healthcare professional.