

An initiative of the BC Pediatric Society
& the Heart and Stroke Foundation

SIP SMART! BC™



Helping your child to make
healthy drink choices

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www.bcpeds.ca



HealthyFamiliesBC



HEART &
STROKE
FOUNDATION





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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Thanks!

Sip Smart! BC™ gratefully acknowledges contributors to this booklet.



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Sip Smart! BC™ was created and developed by the BC Pediatric Society and Heart and Stroke Foundation with funding from the BC Health Living Alliance

SIP SMART! BC™

Your family can Sip Smart!

Why is this information 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 may lead to an unhealthy body weight, putting your child at higher risk for high blood pressure, heart disease, diabetes and cancer.
- ☉ Sugary drinks may “bump” healthier foods and drinks from the diet. This bumping can make it hard for children to get all the nutrients children need.
- ☉ 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.

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!**

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

For more information, please visit www.bcpeds.ca.



SIP SMART! BC™

**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!

WHAT IS YOUR CHILD DRINKING?



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 one 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).

$$40 \text{ grams} \div 4 = 10 \text{ teaspoons or 10 sugar cubes}$$

- Health professionals suggest that no more than 10% of our daily calories come from added sugars and fruit juice. For children, this means:⁽¹⁾

Child's Age	Maximum # of cubes or teaspoons of added sugar	
	Boys	Girls
4 – 8 years	11	10
9 – 13 years	14	13
14 – 18 years	20	15

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

THIS IS THE MOST A CHILD SHOULD HAVE IN ONE DAY →

Where to Look for Sugar

- The grams of sugar on the label gives the TOTAL amount of all sugars in the product – added sugars AND sugars that occur naturally in fruit, 100% fruit juice, and 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!

SIP SMART! BC™ HOW TO READ A LABEL

Nutrition Facts

Valeur nutritive

Per 355 mL / Par 355 mL

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 0 g	0%
Sodium / Sodium 30 mg	1%
Vitamin C / Vitamine C	0%
Carbohydrate / Glucides 40 g	10%
Sugars / Sucres 40 g	
Protein / Protéines 0 g	

Vitamin A 0%, Iron 4%, Calcium 0%

Ingredients: Carbonated Water, Sugar, Glucose-Fructose, Sodium Citrate, Caffeine.

Vitamine A 0%, Fer 4%, Calcium 0%

Ingredients: Eau gazéifiée, sucre, glucose-fructose, citrate de sodium, caféine.

Source: Composite Example

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 250 mL serving – **NOT** for the whole 591 mL bottle.
- © So... the whole bottle has **10 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!



7 sugar cubes in 250 mL



591 mL bottle



17 sugar cubes in 591 mL

Nutrition Facts	
Valeur nutritive	
Per 250 mL / par 250 mL	
Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories	112
Fat / Lipides	0 g
Sodium / Sodium	21 mg
Vitamin C / Vitamine C	0%
Carbohydrate / Glucides	28 g
Sugars / Sucres 28 g	
Protein / Protéines	0 g
Vitamin A 0%, Iron 3%, Calcium 0%	
Ingredients: Carbonated Water, Sugar, Glucose-Fructose, Sodium Citrate, Caffeine.	
Vitamin A 0%, Fer 3%, Calcium 0%	
Ingredients: Eau gazeifiée, sucre, glucose-fructose, citrate de sodium, caféine.	

The best choices for kids are drinks without added sugars.

- ☉ One of the best drinks without added sugar is water.
- ☉ Drinks **without added sugars** such as milk and 100% fruit juice have more nutrients than drinks with added sugars. Nutrients help children grow and keep them healthy.
 - ➔ Calcium is one of the nutrients in milk. Dairies add vitamin D to milk. The nutrients in milk are very important for children.
 - ➔ Vitamin C is one of the nutrients in 100% orange juice. The nutrients in 100% juice are good for children.
- ☉ 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**. 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.
 - ➔ Aspartame and sucralose are examples of artificial sweeteners found in diet drinks.

- ☉ Some drinks have **additives** that are not recommended for children, for example:
 - ➔ acids that can damage teeth, and
 - ➔ caffeine, including natural sources such as tea, yerba mate and guarana.

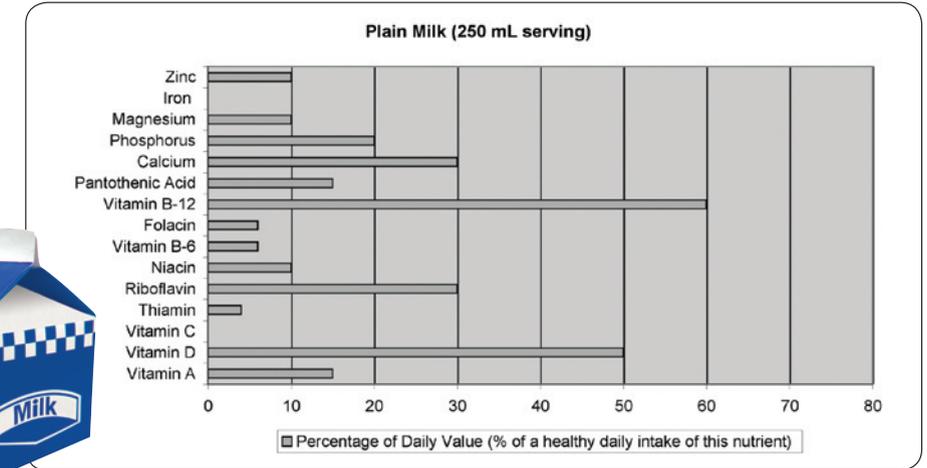
More info about drinks

You drink while you watch and you drink what you watch, so it is important to limit screen time to two hours or less a day. This is especially important in the summer months, when it is best for children to be outside and active.

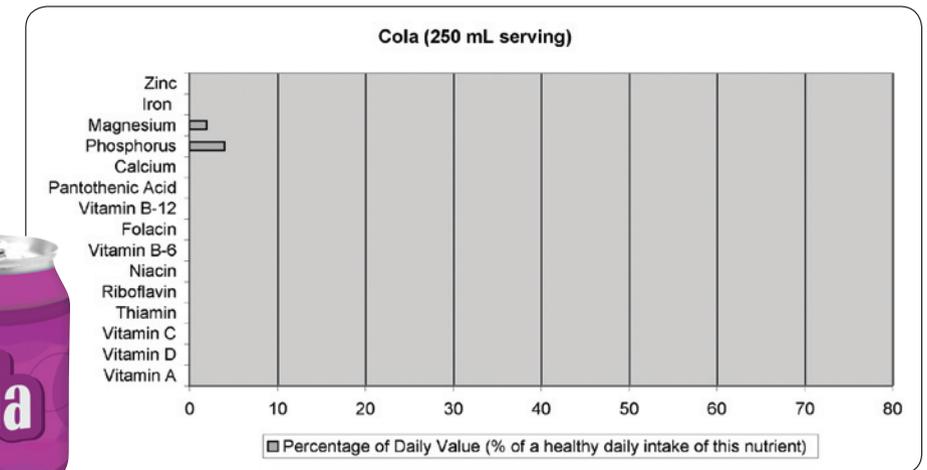


COMPARE THE GRAPHS!

Healthy Drink Choices have LOTS of Nutrients ⁽²⁾



Less Healthy Drink Choices DON'T!



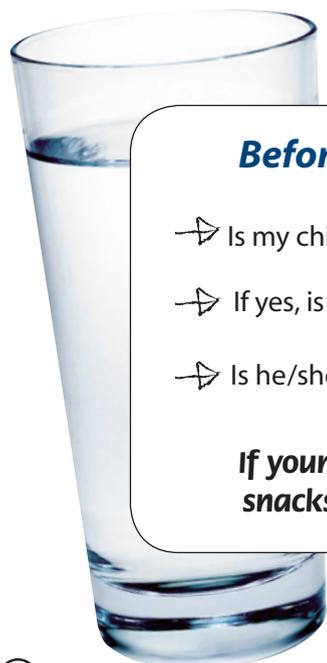
Sports drinks are advertised a lot. Kids rarely need sports drinks.

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? | 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.

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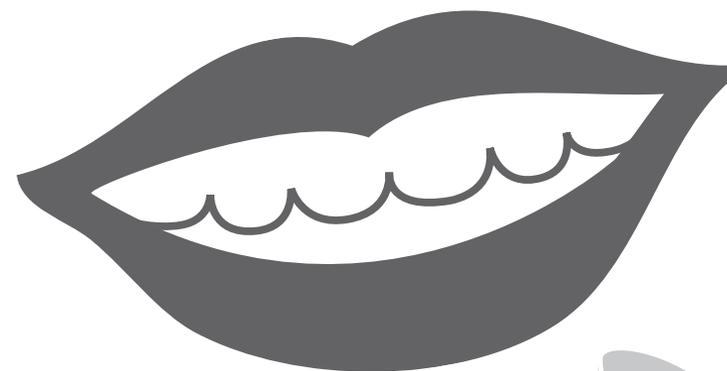
SIP SMART! BC™

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 you sip 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!



bacteria + sugar = acid



tooth decay!

To protect teeth after having a drink containing natural or added sugar, teach your child to rinse out his or her mouth with 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!⁽³⁾

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

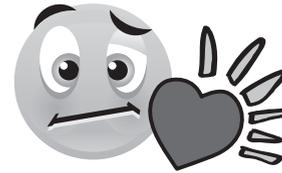
If you see these words on an ingredient list, the product has caffeine and should not be given to children: caffeine, coffee, tea, green tea, yerba, yerba mate, mate, or guarana.

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



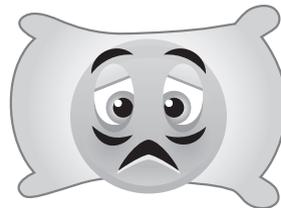
headache



more trips to the bathroom



tired/trouble sleeping



feeling sick



fidgety 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 car racing) 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 260 mg of caffeine. That is more than **three times** the suggested daily limit of caffeine for 7- to 12-year olds.
- © Many energy drinks also have additives 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 that is 227 - 375 mg 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 beverage choice for kids.

Energy drinks are a popular beverage choice for school aged children. They often choose the large can that can have a whopping **375 mg** of caffeine! That's over **four times** 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*) (4)
Coffee (regular)	126 - 191
Energy drink	130 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 has all the caffeine a child should have in one day.

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*, and use the chart below. (5)

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

Choose Most
Water
Plain, unflavoured milk/fortified soy beverage

Choose Sometimes
100% Juice (fruit, vegetable or combination)
Flavoured milk/fortified soy beverage

Choose Least or Not Recommended
Fruit drinks
Pop or diet pop, sports drinks and energy drinks
Other sugar drinks
(For example: iced tea, ice slushy, bubble tea)

NOTE: 250 mL (1 cup) is one serving of milk/fortified soy beverage, and the Food Guide suggests that children aged 9-13 have 3-4 servings a day. 100% fruit juice is fine, but only in small amounts. A single serving is just 125 mL or 1/2 cup, and one juice serving is enough in one day. Whole fruit has more nutrients than juice has, plus fibre. Whole fruit is better for your child than fruit juice.



Tips for making the healthy choice the easy choice!

- ☉ Serve tap water – it’s a healthy, low-cost choice.
- ☉ For a change, add a slice of lemon or lime or a few berries to a clear glass of water.
- ☉ Keep a jug of chilled water in the fridge – especially in the summer!
- ☉ Ensure that your child drinks more water in hot weather.
- ☉ Ensure that your child drinks more water when very active.
- ☉ Stock your fridge with healthy drinks such as water and milk.
- ☉ If milk is not an option, other calcium-fortified drinks are available (e.g., unsweetened fortified soy beverage, unsweetened fortified rice beverage).
- ☉ Enjoy limited amounts of 100% fruit juice. A single serving is just 125 mL (1/2 cup), and one juice serving is enough in one day.
- ☉ Serve milk or water with meals or snacks, and water the rest of the day.
- ☉ Buy sugary drinks only rarely.
- ☉ Set a good example. Choose healthy drinks yourself.
- ☉ To help your child drink less sugar from drinks,
 - Buy smaller sizes of drinks.
 - Pour smaller servings, setting aside the rest of a container for the next time.
 - Start slowly by switching one less healthy drink to a healthier drink each day. Your child will soon make healthy drink choices on his/her own!
- ☉ Teach your child to **Sip Smart!**

Water is always a great choice!



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 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:

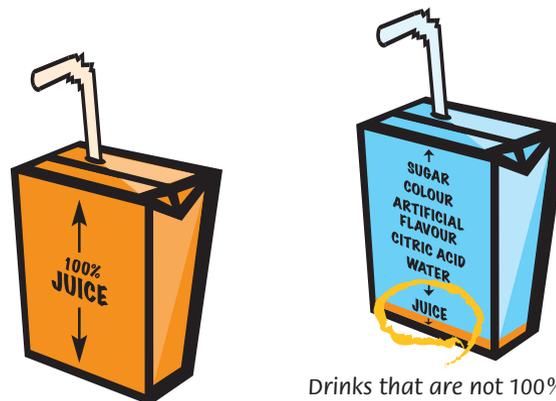
- ☉ one cup (250 mL) of white milk contains 3 teaspoons of naturally occurring sugar
- ☉ one half cup (125 mL) of most 100% fruit juices contains 3-1/2 teaspoons of naturally occurring sugar.

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 any kind of fruit drink good for you?

A. Our family reads labels and chooses 100% fruit juice or unsweetened 100% juice. Additional information for you to know:

- ☉ Other drinks may say they contain juice, but they are not 100% juice. Examples: fruit “drink,” “punch,” “cocktail,” “blend,” “contains 100% fruit juice” or powdered drinks.
- ☉ Drinks that are not 100% juice contain only a small amount of juice or none at all. Most of the flavouring comes from added sugar and chemicals.
- ☉ A glass of water and a piece of fruit is even better than 100% juice!



Juice labelled “100% fruit juice” or “unsweetened 100% juice” is the best choice.

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



There are many ads for sugary drinks. We asked students to make an ad for water. Here's 3!

"If it's got nuttin, it's gotta be good!"

Good stuff
No sugar
No caffeine
No food colouring
No acid

No Nothing!

— Kamiya
Lord Kelvin Elementary School
New Westminster, BC



Jeromy
Lord Kelvin Elementary School
New Westminster, BC



Coco and Kaitlin
John Knox Christian School
Burnaby, BC

If you want to learn more about...

Drinks in general

Healthy Families BC:
www.healthyfamiliesbc.ca/home/articles/topic/sugary-drinks
(Search: Sweet Drinks and Children)

Eating Well with Canada's Food Guide Health Canada:
www.hc-sc.gc.ca
(or visit your local community health centre)

Specific topics in this booklet

Healthy Families BC resources on the Ministry of Education website:
www.bced.gov.bc.ca/health/healthy_eating/resources.htm

- © Caffeine and the Student Body Fact Sheet
- © Dental Health: School Food and Beverage Sales Fact Sheet
- © How Sweet it is!: What Schools Need to Know About Sugar and Artificial Sweeteners Fact Sheet

Childhood Obesity Foundation:
www.childhoodobesityfoundation.ca

Information about beverages such as energy drinks, and about food additives such as ginseng, aspartame and sucralose

Dietitian Services at HealthLink BC (Dial-A-Dietitian):
www.dialadietitian.org
(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

References used in this guide

- ¹ How Sweet it is!: What Schools Need to Know About Sugar and Artificial Sweeteners Fact Sheet www.bced.gov.bc.ca/health/health_publications.htm
- ² Health Canada, Canadian Nutrient File, 2007b version; www.healthcanada.ca/cnf
- ³ Bunker ML, McWilliams M., Caffeine content of common beverages. J Am Diet Assoc. 1997; 74:28-32
- ⁴ Caffeine and the Student Body Fact Sheet www.bced.gov.bc.ca/health/health_publications.htm
- ⁵ *Guidelines for Food and Beverage Sales in BC Schools* (2007, BC Ministry of Education and BC Ministry of Health)

Visit our website:
www.bcpeds.ca
for more information about
the **Sip Smart! BC™** program.



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Message from Dr. Tom Warshawski President, Childhood Obesity Foundation

The risk of a child becoming overweight increases with each sugary drink he or she consumes. This happens because our bodies don't recognize the calories we drink in. Instead of eating less when we drink sugary drinks, we eat as much as if we drank water. All those extra calories are stored as fat, a major contributor to childhood obesity. Childhood obesity continues into adulthood, where it results in an increased risk of cancer, heart disease, high blood pressure and diabetes. As a result, it significantly reduces life span.

Sugary drinks "bump" healthy drinks from a child's diet, leading to reduced consumption of important nutrients such as calcium and a variety of vitamins. This results in weak bones and an increased risk of fractures in adulthood. For all these reasons, we believe that sugary drinks should largely be excluded from your child's drink choices.



Remember - Water is
always a great choice!

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HOW MUCH SUGAR IS IN DRINKS?



10

700 mL (2 3/4 cups)



10

355 mL (1 1/2 cups)



21

500 mL (2 cups)



10

355 mL (1 1/2 cups)



1+?

250 mL (1 cup)



20

500 mL (2 cups)



14

500 mL (2 cups)



17

591 mL (2 1/2 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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