



Health News....you can use!

Liquid Candy



What is liquid candy?

Soft drinks and other sugary drinks have zero nutritional value, hence the name



These drinks are generally high in added sugar, caffeine and/or calories.

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|---|---------------------------------------|
| Pop, diet pop, fruit sodas | Iced Tea |
| Fruit-flavoured drinks and slushes | Sports drinks |
| Fruit drinks (beverage, cocktail and punch) | Instant hot chocolate made with water |

Liquid Candy often replaces more healthy beverages such as water, milk and 100% fruit juices. Canadians have come to consider pop a routine snack and a regular part of meals instead of an occasional treat.

The following charts are comparisons of calorie, fat and sugar content of beverages currently available in secondary schools.



Per 100 mL serving

	Pepsi, Coca Cola	7Up, Mountain Dew	Gatorade	Powerade	Fruitopia	Snapple
Calories (kcal)	43-47	50-51	25	35	47-50	42-50
Sugar (g)	11	12	6	8.7	12-13	10-12
Fat (g)	0	0	0	0	0	0
Typical serving size (mL)	355	355	591	591	473	473
Per individual serving size (mL)	355	355	591	591	473	473
Calories	154-167	178-181	150	207	222-237	199-237
Sugar	39-40	43	35	51	57-62	45-57
Fat	0	0	0	0	0	0

Per 100 mL serving

	100% unsweetened orange juice	100% unsweetened apple juice	2 % milk	1% chocolate milk
Calories (kcal)	42	47	52	67
Sugar (g)	9	10	5	10
Fat (g)	0	0	2	1
Typical serving size (mL)	250 (tetra box)	250 (tetra box)	250	250
Per individual serving size (mL)	250	250	250	250
Calories	103	114	129	160
Sugar	23	26	12	25
Fat	0	0	5	3



Milk and 100% fruit juice are a good source of vitamins, minerals and phytochemicals (in juice) that promote health. Milk is a particularly good source of calcium and vitamin A, and juice is a good source of folate and vitamin C. On the other hand, pop and other sources of liquid candy are simply sugar water with little nutritional value. Diet pop does not provide the same amount of sugar, but has little nutritional value. Filling up on these drinks may mean missing out on some essential nutrients and there may be no room for healthy snacks and beverages.

Plain water is great – it helps every cell in our bodies, it keeps things moving the way they should, and even cools us down when we need it! It quenches thirst, is inexpensive, helps prevent tooth decay, and doesn't ruin appetite for healthy meals and snacks.



What about Sport Drinks?

i.e. Gatorade, Allsport, Powerade

These drinks are designed to be used during sports or exercise, however many people drink them as an alternative to pop or water.

They are suitable for high endurance athletes, or intense exercise lasting longer than 90 minutes.

If you are not a fan of water, there is nothing wrong with sports drinks to help you stay hydrated for your short workouts. Sports drinks contain a dilute concentration of sugars and salts to encourage rapid absorption while exercising. The sports drink will provide a needed boost to your blood sugar level and help increase your endurance. They provide zero benefits for activities lasting less than one hour; plain water would be more appropriate under these conditions.

What can happen with too much pop intake?

✘ Obesity

Pop is simply sugar and calories. Increased energy or caloric intake may result in weight gain. This is a concern since rates of overweight & obesity continues to rise. Excessive body fat and obesity increase the risk of diabetes and heart disease.

✘ Caffeine

Caffeine is a drug classified as a stimulant. It can cause nervousness, irritability, sleeplessness, and rapid heart beat. It can be addictive. This may explain why youth often choose caffeine-containing cola beverages over more nutritious beverages such as milk, 100% fruit juice, or even water. It is also a diuretic, which causes fluid loss and risk of dehydration. Excessive caffeine intake may decrease iron and calcium absorption.

✘ Poor Bone Development

Heavy consumption of pop is associated with low intakes of calcium and magnesium—two essential nutrients for building strong bones. Adolescence is an important period of bone development. The result of heavy pop consumption may be weaker bones that lead to the development of osteoporosis in later years.

✘ Tooth Decay

Refined sugar is one of several factors contributing to dental decay (cavities). If you drink a lot of regular pop your teeth are being bathed in high concentrations of sugar water for long periods of time throughout the day. The sugar produces an acid that starts to break down surfaces on the teeth, leading to dental decay.



Drink milk, 100% fruit juice and water more often.

Adapted from: Soft Drinks & Teen Nutrition; Call to Action: Creating a Healthy School Nutrition Environment