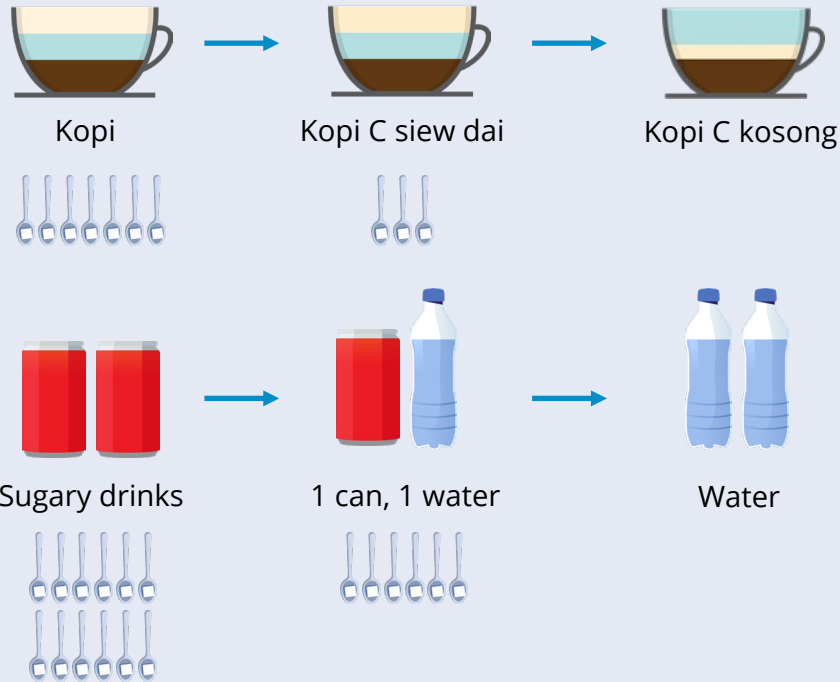


# Drinks

## First small step towards healthier drink choices



- Make water your drink of choice
- Sugary drinks can make your diabetes control more difficult and also lead to weight gain
- Unsweetened tea and coffee can be taken in moderation.
- Canned drinks usually contain a large amount of sugar. For canned drinks, opt for diet or 'zero' versions
- If you choose a sugary drink, avoid drinks with Nutri-Grade mark C or D, and opt for healthier options that have reduced sugar, such as drinks with the Healthier Choice Symbol or Nutri-Grade mark A or B.
- Fruit juices are not recommended. While they usually have a 'no added sugar' label, they often contain large amounts of naturally occurring fruit sugar