

STAY HYDRATED FOR SUMMER FUN

Whether your summer fun includes swimming, biking or hiking, stay hydrated to keep you going all day long. Use the **Nutrition Facts table (NFt)** to help make informed drink choices.

HOW TO KEEP HYDRATED

Your body needs more fluids to keep you cool in the heat and humidity. What's the best way to stay hydrated? Water! Carry a reusable water bottle so it's always within arm's reach.

Looking for options other than water? Low fat milk and unsweetened, fortified soy beverages are also good drink choices.

Use the NFt to help make informed drink choices. Choose the drink that offers more vitamin A and calcium, and the least amount of sugar.

Use the Serving Size to understand the information in the NFt. Check the Serving Size and compare it to how much you are planning on drinking. If you drink double the Serving Size, then you'll need to double the calories and the amount of nutrients listed. For example, if the Serving Size for milk or fortified unsweetened soy beverage is a cup, and you drink two cups, then double the calories and nutrients listed in the NFt.



KNOW THIS

The % Daily Value (% DV) tells you if the Serving Size has **a little** or **a lot** of a nutrient. Remember 5% DV or less is a little and 15% DV or more is a lot.

Learn more at Canada.ca/NutritionFacts



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