Take-Away Tip: Reduce Sugary Drinks!

Excess sugar is hidden in many foods however one of the biggest contributors of added sugar in our diet is beverages. If you consume flavoured beverages it’s worth taking a few moments to tally up your added sugar. You may be exceeding your limit of sugar with drinks only!

Mixed Berry Smoothie

**Ingredients:**
- 2 cups frozen mixed berries (any combination of strawberries, blueberries, raspberries)
- 1 frozen banana (optional)
- 1-2 cups 100% mixed berry fruit juice (no sugar added). You can use raspberry, Cran-raspberry, cranberry blueberry etc... Any red/purple juice will work.

**Preparation:**
Add fruit and 1 cup of the juice. Alternate between pulsing blender and stirring. Add enough juice to allow blender to run continuously while still keeping a thick consistency. Can be served in a cup or a cone.

Makes 4 servings.

No Added Sugar

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What is added sugar?

Sugars are found naturally in foods such as milk, fruits and vegetables. Added sugar, however is highly processed and more quickly absorbed into the bloodstream. Foods with added sugars tend to be low in nutrients, may promote dental cavities and can cause blood sugar levels to quickly rise and fall - resulting in crashing energy levels.

With summertime fast approaching, flavoured beverages are top on the list of thirst quenchers. However, choose wisely. It’s okay to enjoy a sweet treat once in awhile, but aim to limit your added sugar intake to less than 10 teaspoons or 40 grams per day. Look for beverages with less than 8g of added sugar.

**Compare Added Sugars in Popular Drinks**

- Nestea Iced Tea (240ml)  22g
- Tropicana Lemonade(240ml)  28g
- Coca Cola Can (355mL)  40g
- Burger King Slushies(473ml)  40g
- Snapple Iced Tea (16oz)  43g
- Tim H’s Mixed Berry Smoothie (med)  43g
- Tim H’s Iced Cap (med)  47g
- McD’s Mango-Pineapple Smoothie (med)  60g

**Try some of these refreshing low sugar alternatives:**

- A combination of 100% mixed berry fruit juice (no sugar added)/half soda water
- Soda water and fresh lime
- Homemade iced tea with 1 tsp of sugar (8g)
- Fresh, homemade juices with no added sugar

Or, try our recipe for a homemade, no added sugar fruit smoothie— a great alternative to the Tim Horton’s fruit smoothie.