



STAY HYDRATED AND FUELED UP FOR SUMMER FUN



What does summer fun look like for your family? Whether it's swimming, biking or hiking, stay hydrated and fueled up to keep you going all day long. Use the **Nutrition Facts table (NFT)** to help make informed food and 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. Add a twist to your water with slices of lemon, lime, orange or cucumber.

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

Limit soft drinks, sports drinks, energy drinks, fruit drinks, punches, sweetened hot and cold beverages and alcohol. These beverages are often high in calories, sugar and low in nutrients.

KNOW THIS

The % DVs shown in the Nutrition Facts table are not meant to add up to 100% because each nutrient has its own Daily Value.

Use the NFT to help make informed 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 eating. If you eat double the Serving Size, then you'll need to double the calories and the amount of nutrients listed. If you eat half the Serving Size, then

you'll need to halve 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

5% DV or less is a little and 15% DV or more is a lot of a nutrient.

HOW TO STAY FUELED

Eating wholesome foods is just as important as keeping hydrated to fuel your summer activities. Choose easy to carry foods for outdoor activities, and cover off the four food groups.

- » **Vegetables & Fruit:** Choose mostly fresh, and plain frozen vegetables and fruit. For canned fruit, go for ones that are packed in water or juice.
- » **Grain Products:** Pick whole grain crackers, cereals and trail mix with more fibre and less sodium and sugar.
- » **Milk & Alternatives:** Select lower fat cheese and lower fat plain yogurt.
- » **Meat & Alternatives:** Buy bean/lentil dips that are higher in fibre and protein, and have less sodium. Choose nuts and seeds without salt.

Enjoy your summer by using the NFT to make informed choices on what you eat and drink.

Learn more at Canada.ca/NutritionFacts



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