

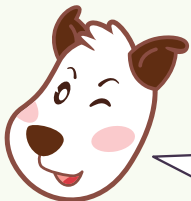
Choose Healthy Drinks Wisely

Please **circle** all the healthy drinks in the supermarket!

Supermarket



EatSmart Doggie's
Smart Tips



Read ingredient lists and compare nutrition labels when choosing prepackaged drinks.

- ✓ Drinks that do not contain caffeine and artificial sweetener and are lower in fat and sugar content
- ✗ Drinks with added sugar (e.g. fruit-flavoured milk, chocolate milk, yoghurt drinks)



Answers:



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Activity Worksheets