



**sugary or sweetened  
beverages**



**Serve water at  
every meal.**

**Make water accessible  
by carrying around a  
water bottle with you.**



**Add mint or fruit to  
your water for flavor.**

**Being healthy doesn't mean  
giving everything up, but  
enjoying in moderation.**



**5210**  
**Let's Go!**



[miOttawa.org/5210](https://miOttawa.org/5210)

miOttawa Department of  
**Public Health**