

Transcript – Let’s Talk Food Literacy: Water - The Drink of Choice

Luisa Magalhaes, Registered Dietitian, appears on screen and places a jug of water, glass of water, glass of plain milk, 1 L soy milk in a mason jar, reusable water bottle, glass of cola, and a glass of juice on the kitchen counter. As she does this, images of puzzle pieces pop up in sequence with the words ‘explore’, ‘build’, and ‘connect’.

Hi! I’m Luisa, a Registered Dietitian.

Water is the BEST way to stay hydrated. So it’s no surprise that it’s Canada’s food guide’s drink of choice.

We see a pitcher and glass of water on screen with a quote from the Canada Food Guide stating “Make water your drink of choice.” There is also a link to the Canada Food Guide at food-guide.canada.ca.

Water has no sugar or additives, is often free, and is widely available. We need to replace the water our bodies lose throughout the day. Drinking enough water each day helps to control body temperature, keeps our joints moving, prevents infections, and keeps things working over all. Being well-hydrated also improves sleep quality, thinking, and mood.

Luisa points to plain milk and a soy-based beverage on the counter as healthy drink alternatives.

Aside from water, healthy drink options can include plain milk, unsweetened plant-based beverages, like soy, and unsweetened coffee and tea.

What about juice? Guess what--it’s not in Canada’s Food Guide. But why? Over the last decade, we have learned a lot about sugar-sweetened beverages and how free sugars act in the body. Turns out, the small amounts of vitamins and antioxidants in the juice do not make up for the large amount of sugar. 100% juice acts like sugar-sweetened pop, slushies, iced tea and sports drinks—they bump out healthy choices, while filling us up with things we don’t need like sugar, sodium, and caffeine. Not convinced?

Luisa points to the Cola and 100% apple juice on the counter.

Consider this: Cola and 100% apple juice have the same amount of sugar. Eating a whole fruit or vegetable gives us more fibre and sustains us much longer than juice.

Luisa pours a glass of water from a glass jug.

Bottom line: quench your thirst with water and skip the sugary drinks when you can.

Sometimes it’s fun to have a little something different. I like to add fruits or herbs to my water. Some of my favorite infused flavor combinations are

Luisa points to the bowls with the different flavour combinations on the counter, including blackberries and mint, raspberries and cucumber, and chopped apple and cinnamon stick.

blackberries and mint, raspberries and cucumber, or on a chilly day, I like to chop up some apples and toss in a cinnamon stick and add some hot water!

Luisa adds blackberries to a glass and uses a spoon to crush the fruit. Then she tears mint and adds it to the same glass. Text appears on the screen, 'first, wash ingredients under running water'.

To release the most amount of flavour you are going to want to chop or crush the fruit. And then simply tear the herbs that you choose. Tada!

Luisa pours water into the glass with the crushed blackberries and mint and stirs it with a spoon.

And give it a stir if you like. Cheers!

Eat well. Live well.

The video ends with an image of a puzzle piece with the words 'Eat well. Live well' on the left-hand side, with food-guide.canada.ca below it. An acknowledgement logo for Food Literacy for Life, foodliteracy.ca, appears on the right-hand side along with 'created by Peterborough Public Health' (logo shown). A visual of the food literacy framework, from foodliteracy.ca appears on the left-hand side of the screen, with 'Food Literacy' pictured in the center of a circle. The following colourful puzzle pieces surround it: 'Food Skills, Self-Efficacy and Confidence, Ecological Factors (External), Food Decisions, and Food and Nutrition Knowledge.'
