

CHOOSE WATER as a drink

Water is the best drink as it does not have any added sugar. Fruit juices, soft drink, sports drinks or cordials should not be given to your child everyday as they contain a lot of added sugar.

Tap water is the best choice. In most areas, tap water contains Fluoride, which helps children to develop strong teeth.

HOW MUCH SUGAR IS IN THAT DRINK?

BEST CHOICE



No sugar

Water



No added sugar

Plain milk

+ GOOD FOR STRONG BONES & TEETH

AVOID/LIMIT THESE HIGH SUGAR DRINKS



Cordial



100% Fruit juice

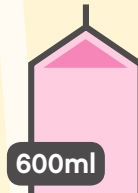
NOT EVERY DAY, LIMIT TO 1/2 CUP



Energy drink



Fruit Flavoured drink



Flavoured milk



Sports drink



Soft drink



Soft drink

1tsp = 4g sugar

TIPS TO HELP YOUR KID DRINK MORE WATER



Show children that you enjoy drinking water



Drink water with every meal



Take a refillable bottle of water when you go out



Pack water with your child's lunch



Encourage your child to drink water when they play sport



Limit buying sugar sweetened drinks

HOW MUCH WATER SHOULD KIDS DRINK EACH DAY?

1-5 years



5x 250ml glasses = 1.25 litres

+ EXTRA WATER IF YOU ARE ACTIVE

6-12 years



6x 250ml glasses = 1.5 litres

MAKE HEALTHY NORMAL

NSW GOVERNMENT

Health Western Sydney Local Health District