

Choose water as a drink

Water is very important for good health, and our bodies need water to work properly.

Drinking water every day promotes good digestion, healthy skin and healthy teeth. Water doesn't have any sugar, sweeteners or caffeine which are often found in other drinks, so water is the best choice.



How much fluid should kids drink every day?



+ more when your kids are being active!



Ways to encourage kids to drink water

- ✓ Always take a bottle of water with you when you go out
- ✓ Avoid buying sweetened drinks and having them in the house
- ✓ Freeze fresh fruits and use them as ice cubes in water
- ✓ Pack water in their lunch boxes and over-night bags
- ✓ Add slices of lemon or orange to water to make it more interesting



Quick tip:
Be a role-model and show your kids you like drinking water too!

Other healthy drink options for kids



Plain or flavoured milk (full fat for under 2 years, reduced fat for over 2 years)

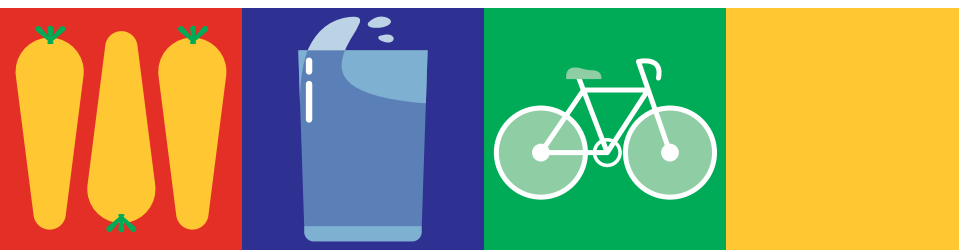


100% fruit juice – unsweetened and limited to half a cup (125mL)



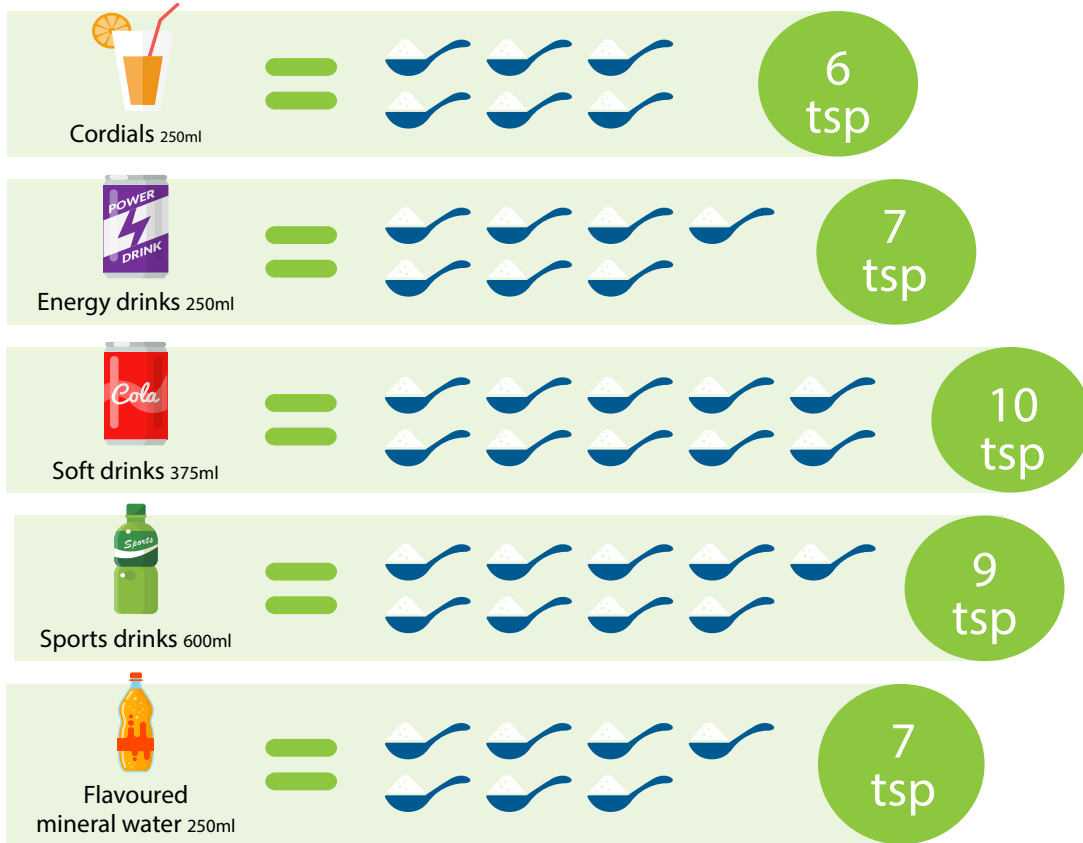
Did you know?

Fruit juice contains a lot of sugar. Half a glass of fruit juice is okay occasionally, but more than that can contribute to health issues like weight gain and tooth decay.

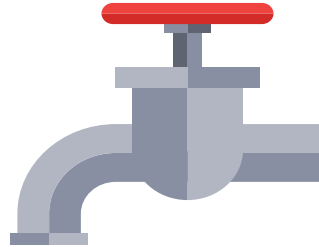


Which drinks should you limit or avoid?

Sweetened drinks contain a lot of sugar and sometimes caffeine, so they should only be consumed occasionally, or not at all.



Did you know?
In NSW, nearly half of children drink sweetened drinks regularly and nearly a quarter of children drink one or more cups of sweetened drinks every day!



Water has no added ingredients so is always the best choice!

Note: The drinks shown above also come in artificially sweetened versions; while these contain no sugar they still contribute to tooth decay.

The sugar, sweeteners or caffeine in drinks may cause:

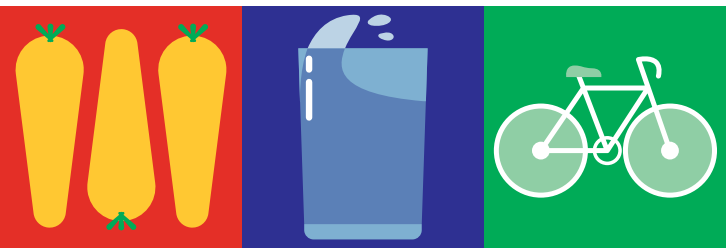
- Interrupted sleep
- Fussy eating and poor appetite
- Tooth decay
- Tummy problems and diarrhoea
- Unhealthy weight gain

Did you know?
Caffeine is found in cola and energy drinks and can be addictive. Caffeine may cause problems for kids - like interrupted sleep, anxiety and headaches - even from drinking quite small amounts.

Quick tip:
Start by watering down fruit juice and cordials, then slowly increase the amount of water until you can offer just water!

Evidence

- Centre for Epidemiology and Evidence. What NSW children eat and drink. Report of the Chief Health Officer 2017, NSW Ministry of Health
- NHMRC, Nutrient Reference Values for Australia and New Zealand <https://www.nrv.gov.au/nutrients/water>



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