

Turn over for
more information

**WE'RE MAKING
THE HEALTHY CHOICE
AN EASY CHOICE**



STAFF AND VISITORS...

WE'RE SWAPPING SUGARY DRINKS FOR HEALTHIER OPTIONS



An extra $\frac{1}{2}$ a **can** of **soft drink** a **day** is all it takes to **gain weight**.






1 in 2 adults in NSW is **overweight or obese**.

You'll find more healthy drink options to choose from and enjoy every day.

There'll be more water – the healthiest choice – plus a selection of juices, flavoured milks and diet drinks.

MAKE WATER YOUR DRINK

Find out more:

-  www.health.nsw.gov.au/heal
-  healthyfood@moh.health.nsw.gov.au
-  1800 930 966

get healthy
at work

MAKE
HEALTHY
NORMAL

