

Good for kids good for life



Choosing drinks for children...

Think water first!

What's the best drink?

Tap water is the best way to quench thirst without getting the sugar and kilojoules found in fruit drinks and juices, soft drinks, sports drinks and flavoured mineral waters. Drinking tap water instead of sweetened drinks helps prevent dental problems and the fluoride found in tap water also helps children develop strong teeth. Tap water is also less expensive than many other drinks.

Do you know?

Soft drinks, cordials, sports drinks and flavoured mineral waters

contain 6 teaspoons of sugar in every 250ml glass which means it contains a large amount of kilojoules. These drinks are not a necessary part of a healthy diet and should only be consumed occasionally – not everyday.

**6
Teaspoons
of Sugar**

Sugar

per 250ml glass

Apple Juice 6 tsp.
Lemonade 6 tsp.
Cola Drinks 6 tsp.
Orange Juice
Sweetened 5 tsp.
Unsweetened 4 tsp.
Water 0 tsp.

Source: NUTTAB 2006
1 teaspoon (tsp.) = 4g



Another good option

Milk is a good source of calcium and is important for the growth of strong bones and teeth. Reduced fat or lite milks should be encouraged for children over the age of 2 years. Reduced fat milks contain much the same nutrients as full-cream milks except they are lower in saturated fats and therefore in energy content. Children under 2 years of age should not drink reduced fat milks as they have higher energy requirements than older children.

Occasional but not everyday drinks

Fruit juice contains 4 to 6 teaspoons of sugar in every 250ml glass. It is often regarded as a healthy choice as it contains vitamin C. However one small glass (125ml) of most juices provides a child's daily requirement for vitamin C. More than this provides excess sugar and kilojoules that can contribute to weight gain. A piece of fruit is a better choice than juice as it provides fibre.



NSW Government

For more info visit www.healthykids.nsw.gov.au

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