



CHOOSE WATER AS A DRINK

Water is the best drink for anyone who is thirsty. Water is a good choice as it does not have any added sugar.

In Australia, water is safe to drink straight from the tap or boiled if you prefer. In most areas, tap water contains fluoride, which helps children to develop strong teeth.

Tips to help your child to drink more water

- Take a refillable bottle of water when you go out.
- Put a bottle of water in with your child's lunch.
- Keep cold water in the fridge at home.
- Give your child a water bottle when they play sport.
- Serve water for everyone with the family meal.
- Show your child that you enjoy drinking water.

Limit fruit juice, soft drinks, sports drinks and cordial

Fruit juices, soft drink, sports drinks and cordials should not be given to your child everyday as they contain a lot of added sugar. If you do give your child juice, soft drink, sports drinks or cordials remember to:

- water these down until very dilute. You can then replace them completely with water
- serve in smaller cups
- limit the number of cups of all sweet drinks your child has each day

The facts about fruit juice

- Fruit juice is high in natural sugar and can contain added sugar too.
- Eating a piece of fruit is much better than having a glass of juice.
- Children do not need any fruit juice at all.
- ½ cup of fruit juice each day is enough for your child, if you choose to provide it.

Milk is another healthy option

- Milk helps your child develop strong teeth and bones.
- Children over 2 years of age can drink reduced fat (not skim) milk.
- Reduced fat milk has less fat than full cream milk but still has all the nutrients that young children need.
- Soy milk is suitable if needed. Choose one that is high in added calcium.



For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au