



Water - the best drink for healthy kids

Water is the best drink for everyone.

Water is safe to drink from the tap or boiled and cooled if you prefer. It has added fluoride to build strong teeth.

Tips to drink more water

- *Pack a water bottle when going out*
- *Put a water bottle in your kid's lunchbox*
- *Give water with all meals and snacks*
- *Fill a jug with tap water and keep it cold in summer*
- *Take plenty of water on car trips*
- *Show your kids that you enjoy drinking water*

Kids don't need sweet drinks

Sweet drinks like fruit juice, soft drinks, sports drinks and cordials have a lot of sugar and are not good for kids.

Sweet drinks can lead to tooth decay and weight gain.

Kids fill up on sweet drinks and have no room for healthy food.



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Milk is healthy

Plain milk helps kids build strong teeth and bones.

Kids 1 to 2 years old need full fat milk.

Reduced fat or 'lite' milk is best for kids over 2 years old. It provides nutrients for growing bodies without the extra fat they no longer need.

Facts about fruit juice

Fruit juice is high in natural sugar and can have added sugar too.

Eating a piece of fruit is much healthier than drinking fruit juice.

Tips to limit sweet drinks

- **Limit the number of sweet drinks**
- **Water down sweet drinks and juices**
- **Serve sweet drinks in a small cup**
- **Don't give sweet drinks every day**



For more ideas go to www.healthykids.nsw.gov.au

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