



HOW MUCH SUGAR is in your drink?



WATER

NO sugar

The best drink when you are thirsty



LOW/ REDUCED FAT MILK (unflavoured) *

A great source of vitamins and minerals and is low in natural sugar



* serve full fat milk for children under 2 years



FRUIT JUICE

Has important vitamins and minerals

BUT also has lots of natural sugars and increases risk of tooth decay *

* so not too much - limit to half a cup occasionally



SUGARY DRINKS

VERY high in added sugar

Poor source of nutrients

Increases risk of tooth decay and weight gain

Add lots of extra sugar to our diet and don't have the healthy things our bodies need

