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

www.health.gov.au

D0767 April 2014 © Commonwealth of Australia 2014