

WATER IS **FREE** FROM THE TAP

Water is
sugar free



Water
is easy

Water is cheap

ALWAYS KEEP WATER ON HAND

- Take sipper bottles in the car
- Put a jug of water out at meal times



Fruit juice, cordial, fizzy drinks and energy drinks are high in sugar. Drinking lots of these sweetened drinks can lead to overweight and tooth decay.

Try almost filling a glass with water then add a little juice. Serve with lots of ice.

Milk is important for growing children - serve after or between meals. Flavoured milk tastes great with trim milk added.

Encourage children who don't drink milk to consume other calcium rich products.

- Soy products
- Yoghurt
- Dairy food
- Custard
- Cheese

Choose 2 - 3 servings of these foods each day.

This is a combined initiative of the South Canterbury District Health Board & Community and Public Health.

Children's Drinks



All drinks are not equal

CHILDREN'S DRINKS

