

Move Well Eat Well

Kids are sweet enough



For healthy bodies and healthy teeth, children need to drink water and limit sweet drinks.

Follow these drink tips to encourage your family to tap into water everyday.

Healthy Family Drink Tips



Keep a jug of fresh water available in the fridge.



Provide water for the family with meals and snacks.



Teach kids to help themselves to water but ensure they ask for other drinks.



Only buy sweet drinks to be consumed on special occasions.



Provide a water bottle for your child for school, kindergarten and sport. Water bottles are for water only.



Make water available to everyone on family outings.



Children don't need sweet drinks. If consumed, limit to no more than one small glass per day.



Sweet drinks include fruit juice and fruit drinks, flavoured milk, soft drinks, flavoured mineral water, cordials, sports drinks and energy drinks.

Use these tips to help set limits at home and help your child make healthier drink choices.

Limit sweet drinks and tap into water everyday.

LAST REVIEWED: 2008