

THE BEST DRINKS FOR CHILDREN ARE WATER AND MILK.

(Reduced fat milk for children over 2 years)

Why water?

Tap water is best to quench thirst

CONTAINS FLOURIDE



BUILDS STRONG TEETH



COSTS LESS

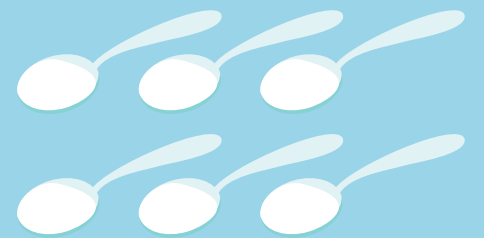


Why not juice or soft drink?

One cup (250ml) of soft drink, cordial, sports drink or juice contains at least **6 teaspoons of sugar.**



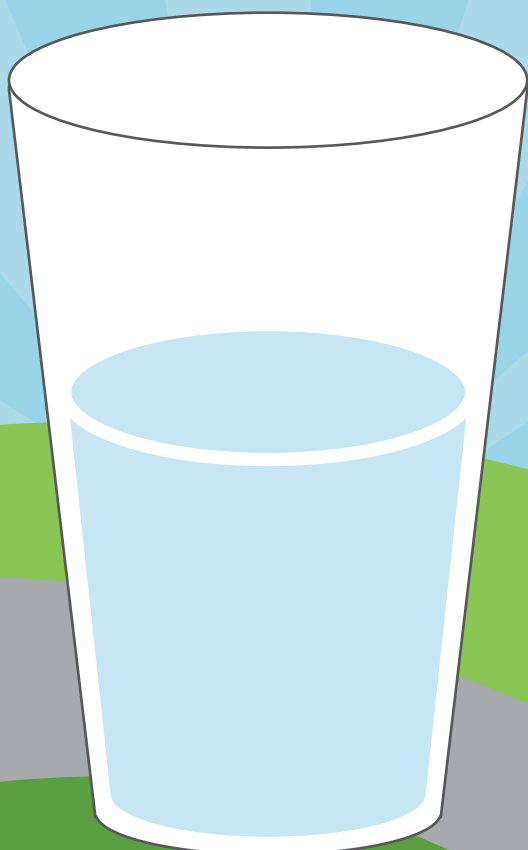
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Soft drinks, sports drinks, and juices, all contain sugar and acid which both contribute to dental decay.

How much fluid do children need?

Children aged 9-13 years



Boys 1.6 litres
(about 6 1/2 cups)

Girls 1.4 litres
(about 5 1/2 cups)

If it is very hot or children are highly active they may need more fluid.



Limit fruit juice to one small glass (150ml) per day, and dilute this with water.

Artificially sweetened drinks contain acid which contributes to dental decay.



Health
Central Coast
Local Health District