



# Munch & Move

Munch & Move is a NSW Health program that supports the healthy development of children from birth to 5 years in early childhood education and care settings.

## Water is the best drink for healthy kids

Our bodies need water to be healthy. Most people have access to good quality drinking water. Tap water has added fluoride to help protect teeth.

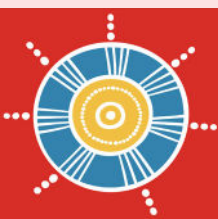


### Tips to drink more water

- Pack a water bottle when you are going out
- Put a water bottle in your kid's lunchbox
- Offer water with all meals and snacks
- Fill a jug with water and keep it cold in summer
- Take plenty of water on car trips
- Show your kids that you enjoy drinking water
- Remind kids to drink water on hot days

### Kids don't need sweet drinks

Sweet drinks like fruit juice, soft drinks, sports drinks and cordials have a lot of sugar and are not good for kids. Too many sweet drinks can lead to tooth decay. Kids can fill up on sweet drinks and have no room to eat healthy food.



For more ideas go to  
[healthyliving.nsw.gov.au](http://healthyliving.nsw.gov.au)





## Milk is a healthy drink for kids

To make sure they build strong teeth and bones:

- kids aged 1 to 2 years old should drink full-fat milk
- kids over 2 years old can drink reduced-fat or 'lite' milk
- skim (low-fat) milk is not recommended for kids under 5 years old.

Plant-based milks may not give children the same nutrients that are in cow's milk. Choose plant-based milks with added calcium.

Plain milk is best. But if your kid does not like the taste of plain milk, adding small amounts of flavouring every now and then can help them enjoy it more.

## Facts about fruit juice

Fruit juice is high in natural sugar and can have added sugar too.

Eating a piece of fruit is much healthier than drinking fruit juice.



## Tips to limit sweet drinks

To help prevent tooth decay:

- ✓ do not give kids sweet drinks every day
- ✓ water down sweet drinks and juices
- ✓ when giving sweet drinks, give them with meals instead of through the day
- ✓ serve sweet drinks in a small cup.

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For more ideas go to  
[healthyliving.nsw.gov.au](https://healthyliving.nsw.gov.au)

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