

WATER AND SUGARY DRINKS Fact Sheet

The best drink is



The human body is 50-75% water. It helps with a large amount of body functions, such as:

- Cell growth and integrity
- Keeping blood liquid so cells can deliver nutrients and oxygen
- Remove waste products
- Regulate body temperature
- Lubricate joints
- Avoid constipation and assist with digestion
- Moisturise the skin
- Make hormones
- Healthy bowels and kidneys

How much water people should drink depends on age, gender, lifestyle and if a person is pregnant or breastfeeding. A few examples of fluid consumption recommendations:

Infants 0-12 months 0.7 - 0.8 litres	Children 1-8 years 4 – 5 cups	Men 19+ 10 cups	Women 19+ 8 cups	Pregnant women 9 cups	1 cup = 250ml
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Another important drink is



Milk contains calcium, an essential nutrient that helps humans build and maintain strong bones and teeth. It also contains vitamin D and other essential nutrients. Milk reduces the risk of tooth decay.

Low fat or reduced fat options are recommended for everyone except children under 2 years of age.

Children 12 months old or younger should be drinking breast milk or infant specific formula.

It is recommended that people consume 2-3 serves from the dairy and alternatives group. A serve of milk would be 1 cup or 250ml.

Milk alternatives

A2

Equally as nutritious as cow's milk, people choose this milk due to digestion discomfort they get when drinking cow's milk.

Soy

This milk is not naturally high in calcium but many brands fortify their soy milk with calcium.

Rice

Because it is naturally lower in calcium and protein, it is recommended people choose a brand that is fortified with calcium and protein. It is not recommended for children.

Nut

These are lower in calcium, protein, saturated fat and energy. If people choose these milks, look for fortified brands.

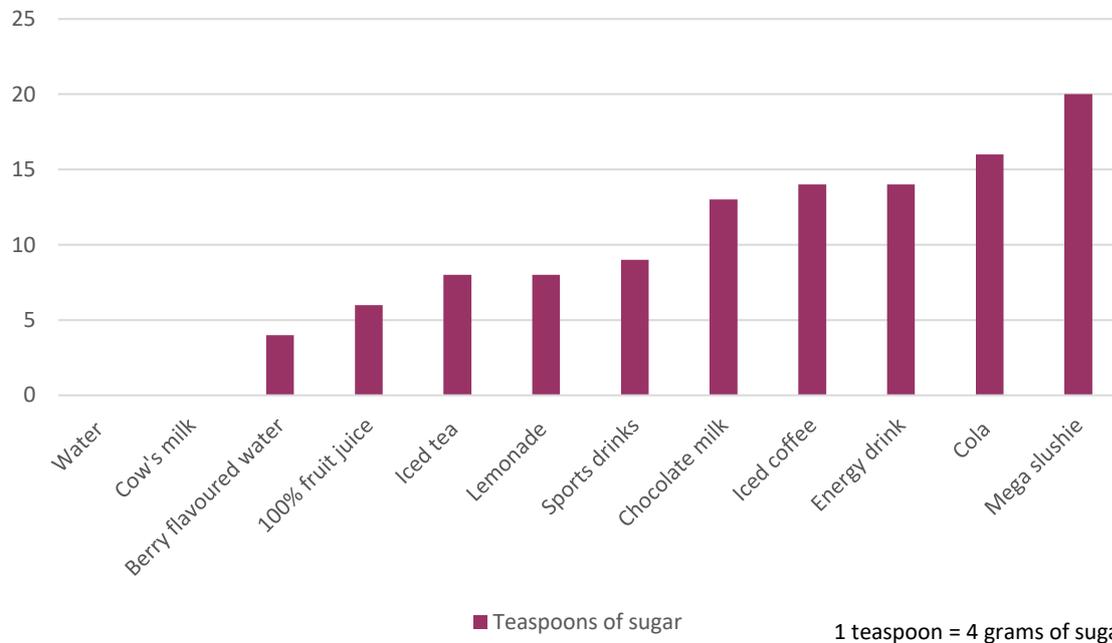


= lactose free

Sugary drinks

Consumption of sugary drinks leads to increased risks of tooth decay. They also contribute to weight gain, which in turn puts people at risk of developing chronic diseases such as heart disease, type 2 diabetes, fatty liver disease and 13 different types of cancers.

THE SUGAR IN THAT DRINK



Flavoured milk

While there is calcium, these drinks have natural and added sugars, meaning too many can lead to weight gain.

Soft drinks

These are very high in sugar, meaning too many leads to weight gain and tooth decay.

No sugar/no added sugar soft drinks

eg: Pepsi Max and Coke Zero

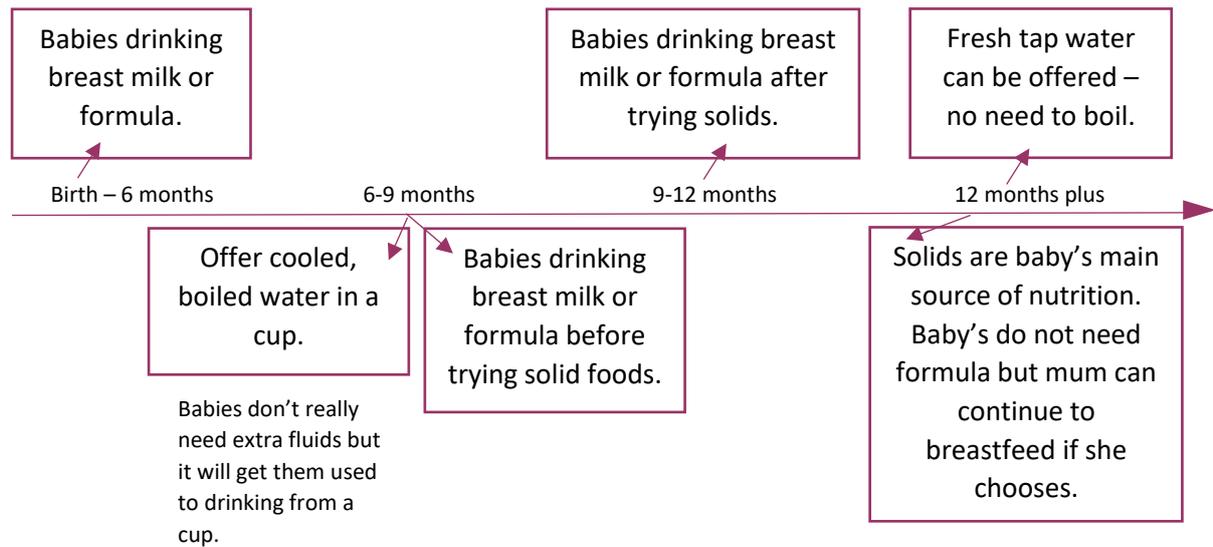
While the nutrition label says 0 sugar, these drinks have artificial sweeteners that are not appropriate for children to consume regularly. Adults should also avoid artificial sweeteners as they can encourage people to stop enjoying healthier, less sweet foods and replace these with artificially flavoured foods and drinks.

Fruit juice

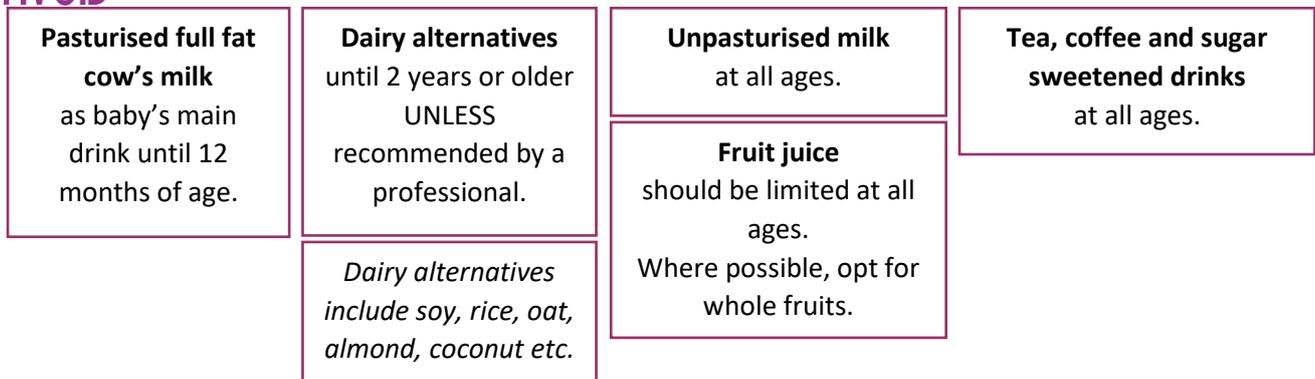
When made from fresh fruit, there is natural sugar present. When juicing fruit, all the natural sugar goes into the drink but the fibre present in fruit does not; this gets thrown out. That's why 100% fruit juice is still a sometimes choice.

The concentration of sugar in fruit juice leaves a sticky residue on teeth, which can break down dental enamel and contribute to tooth decay.

Baby Specific



AVOID



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