



## Choose water as a drink

Water is the best drink when you are thirsty. Water is good as it does not have any added sugar. Drinking tap water also helps your child develop strong teeth. Water in Australia is safe to drink straight from the tap or boiled if you prefer; either way it still contains fluoride.



### Tips to help your children to drink water

- Take a bottle of water when you go out.
- Put a bottle of water in with your child's lunch.
- Keep cold water in the fridge at home.
- Give your child a water bottle when they play sport.



### Limit soft drinks, sports drinks and cordial

Fruit juices, soft drink, sports drinks and cordials should not be given to your child everyday as they can have lots of added sugar. If you do give your child juices, soft drinks, sports drinks or cordials remember:

- water these down until you can replace them with water
- serve in smaller cups
- limit the number of cups your child has each day.

### Milk is a healthy option

- Milk helps your child develop strong teeth and bones.
- Children over 2 years of age should drink reduced fat (not skim) milk.
- Reduced fat milk has less fat than full cream milk but still has lots of nutrients that young children need.
- Soy milk is suitable if it is reduced fat and has added calcium.



### The facts about fruit juice

- Fruit juice can be high in natural and added sugar.
- A piece of fruit is better than a glass of juice.
- One small cup of fruit juice each day is enough for your child.



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For more information and ideas on healthy eating and physical activity go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

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