

THIRSTY? CHOOSE WATER!

Make water the drink of choice for your kids.

The consumption of sugary drinks is associated with weight gain in children and adolescents. Those above a healthy weight range are more likely to develop chronic conditions such as asthma and type-2 diabetes, as well as experience poor emotional wellbeing and academic performance compared to children within a healthy weight range. They are also more likely to remain above a healthy weight as adults.

Let's work together to ensure our kids choose water over sugary drinks!



What is a sugary drink?

Sugary drinks refers to non-alcoholic water-based beverages with added sugar, including sugar-sweetened soft drinks, energy drinks, fruit drink, sports drinks and cordial.



Did you know?



A **375ml can of soft drink** has around **10 teaspoons of sugar** in it.

That is the kilojoule equivalent of either two scoops of ice cream, a doughnut or two-to-three sweet biscuits. It would take an average 12-year-old child around 90 minutes of walking to burn off.



Nearly a quarter of New South Wales children aged 12–17 years consume **five or more sugary drinks a week**. If that was five 375ml cans, that's **an extra 50 teaspoons of sugar consumed each week!**



Children may not know that we take in energy (kilojoules) through drinks as well as food. **They may drink a lot of kilojoules without realising it.**



Choosing to drink water can help children and adolescents maintain a **healthy weight, face fewer dental issues,** and **improve their focus and concentration** in the classroom.

Top tips to help your kids drink water:

- ◆ Set an example for your kids and let them see you choose water over sugary drinks.
- ◆ Encourage a glass of water first thing in the morning.
- ◆ Always have chilled water on the table at meal times.
- ◆ Keep bottles of fresh water in the fridge or on the kitchen bench as an easy reminder.
- ◆ Always take reusable water bottles with you when leaving the house.
- ◆ Encourage them to drink water when playing sports and on hot days.
- ◆ When dining out, ask for water for the table.
- ◆ For more flavour, try adding a slice of lemon, fresh berries or herbs such as mint.
- ◆ Talk with them about their daily fluid needs, encouraging water as their main drink.

Daily fluid needs:

Fluid includes plain water, milk (for strong bones and teeth) and other drinks.



Individual fluid requirements can vary according to many factors including age, gender, physical activity levels and climate.

Do your kids have chilled water stations at school?

We know that it's easier for kids to choose water at school if there is chilled water available. If your children don't have access to a chilled water station at school, why not speak to their school or its Parents and Citizens' Association about raising money for one?

For tips, check out the **School Fundraising Pack** via the website. The pack has everything you need to plan a fundraising campaign to purchase and install a chilled water station at your school.



For more information, resources and educational tools, visit www.choosewater.com.au.

Benefits of drinking water

- ◆ It's free and convenient
- ◆ It's a healthy option to help keep your family hydrated
- ◆ It contains 0 kilojoules
- ◆ It can help prevent tooth decay
- ◆ It can help keep you alert and focused, supporting learning
- ◆ Tap water usually contains fluoride, which can help strengthen teeth
- ◆ It may help prevent headaches