

THIRSTY? CHOOSE WATER!

To maintain good health, we need to drink plenty of water throughout the day.

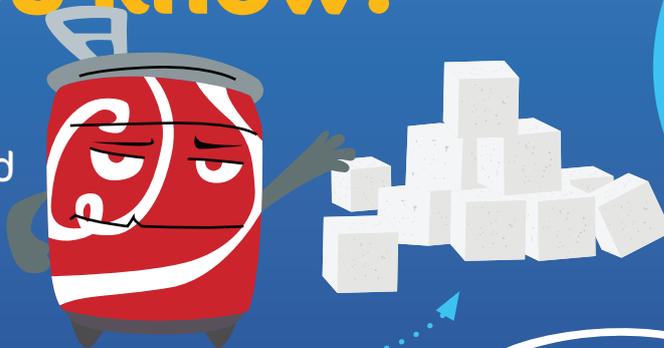
Plain water – whether from the tap, fridge or a chilled water station – is a great drink choice. It's free, healthy and an ideal way to quench your thirst.

If you're thirsty, **the coolest choice is to choose water!**



Did you know?

A 375ml can of soft drink contains around **10 teaspoons of sugar.**



What is a sugary drink?

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

That's the energy equivalent of...



two scoops of ice cream or a doughnut...



and takes an average 12-year-old around 90 minutes of walking to burn off.

- ◆ Sugary drinks often do not provide the nutritional goodness you need.
- ◆ Consuming sugary drinks can lead to weight gain and tooth decay.
- ◆ Many sugary drinks are acidic. Sugar and acid are very bad for your teeth and can contribute to tooth decay.
- ◆ Soft drinks may also contain caffeine. Caffeine can lead to restlessness and difficulty sleeping, and can be habit-forming.
- ◆ Energy drinks typically contain high levels of sugar and caffeine.
- ◆ It's much better to eat a piece of fruit than drink juice because whole fruit fills you up and means you don't miss out on important nutrients like fibre. Fruit juice can also have sugars added to it.

Top tips for drinking water:

- Always carry a reusable water bottle with you so you can fill it up on the go.
- Have some water when you wake up and with every meal.
- Remember your water bottle on hot days and when you are playing sport.
- For more flavour, try adding a slice of lemon, fresh berries or herbs such as mint.



How much fluid should I drink?

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



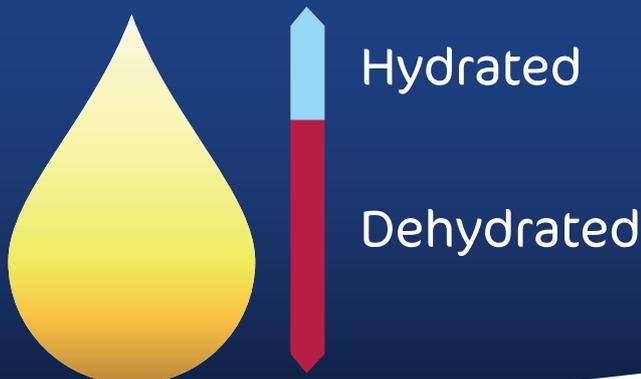
Individual fluid requirements can vary according to many factors including age, gender, physical activity levels and climate.



The amount of fluid we need to drink can vary. It's especially important to drink when you're physically active and/or on hot day.

Are you drinking enough water?

The colour of your pee can give you an idea of how hydrated you are. Hydrated means you're drinking enough and dehydrated means your body has lost water and you need to drink.



Pee (urine) colour can be influenced by other factors.

Pee colour graphic is a guide only and printing/screen display may alter the interpretation.

This fact sheet is for general information only and is not intended to provide medical advice. For individually-tailored advice, consult your doctor or health professional.

Why should I drink water?

- It's free and healthy
- It's an ideal way to quench your thirst and help keep you hydrated
- It contains no sugar
- It can help prevent tooth decay
- It keeps your smile looking good
- It helps you play at your best in sport
- It gives your brain a boost and can help you concentrate
- It may help prevent headaches
- Tap water usually contains fluoride, which can help strengthen teeth



Play the game!

Download the **Aqua Sprint** game for mobile and tablet devices from the Apple and Google Play app stores.

Test your skills, score points and challenge your friends!

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