

# THIRSTY? CHOOSE WATER!



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Health

## Healthy drinks at home

WATER AND REDUCED FAT MILK ARE THE BEST DRINKS

- To avoid any arguments about what your children should drink, don't buy sugary drinks such as soft drink or energy drinks.
- If they aren't there it is much easier to say no!
- Keep these drinks for special occasions NOT for everyday.

water



milk

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## Fruit or fruit juice?

SHOW HOW MANY ORANGES IT TAKES TO MAKE A ONE CUP OF JUICE.

- Squeeze 3 - 4 oranges when they are in season.
- Look at the fibre and pith that is thrown away.
- When we eat an orange, we eat all this, and it fills us up.
- When we drink juice, there is no fibre to fill us up - that is why it is easy and quick to drink so much juice.
- It is better to eat the whole fruit.

Could you eat 4 oranges at once?



4 oranges = 1 juice

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## Can't get your child to drink water?

- Don't buy soft drinks, cordials etc
- Provide water in a refillable drink bottle
- Keep a jug of water in the fridge
- Have water on the table at mealtimes
- Drink water yourself
- Remind them that soft drinks are for special times not everyday

with meals



refillable



SPECIAL  
OCCASIONS



in the fridge



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## After school drink ideas

- Water for thirst
- Reduced fat milk
- Blend fruit with reduced fat milk (banana, strawberries in season)
- For special days
  - Reduced fat milk with Milo®
  - Reduced fat milkshake

Try fruit  
smoothies  
with reduced  
fat milk

