

# PEE CHART



What colour is your pee?



*Are you drinking enough water?*



# Do you know how many minutes you have to walk to burn off the kilojoules in your drink?

**THIRSTY?  
CHOOSE WATER!**



Water



**0**  
minutes

375ml bottle  
fruit juice



**60**  
minutes

600ml bottle  
sports drink

375ml can  
soft drink



**90**  
minutes

600ml bottle  
soft drink



**120**  
minutes

\* Based on an average 12 year old child.



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500ml Water



0

teaspoons  
of sugar



Do you know how much  
sugar is in your drink?

600ml Soft Drink



16

teaspoons  
of sugar

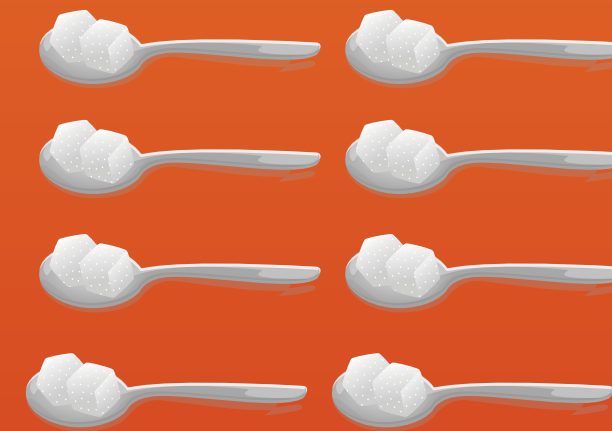


600ml Sports Drink

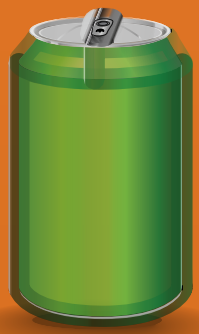


10

teaspoons  
of sugar



375ml Soft Drink

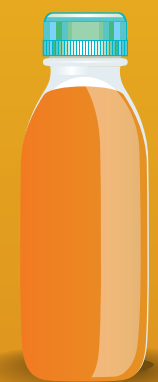


10

teaspoons  
of sugar



375ml Fruit Juice



8

teaspoons  
of sugar



**THIRSTY?**  
**CHOOSE WATER!**



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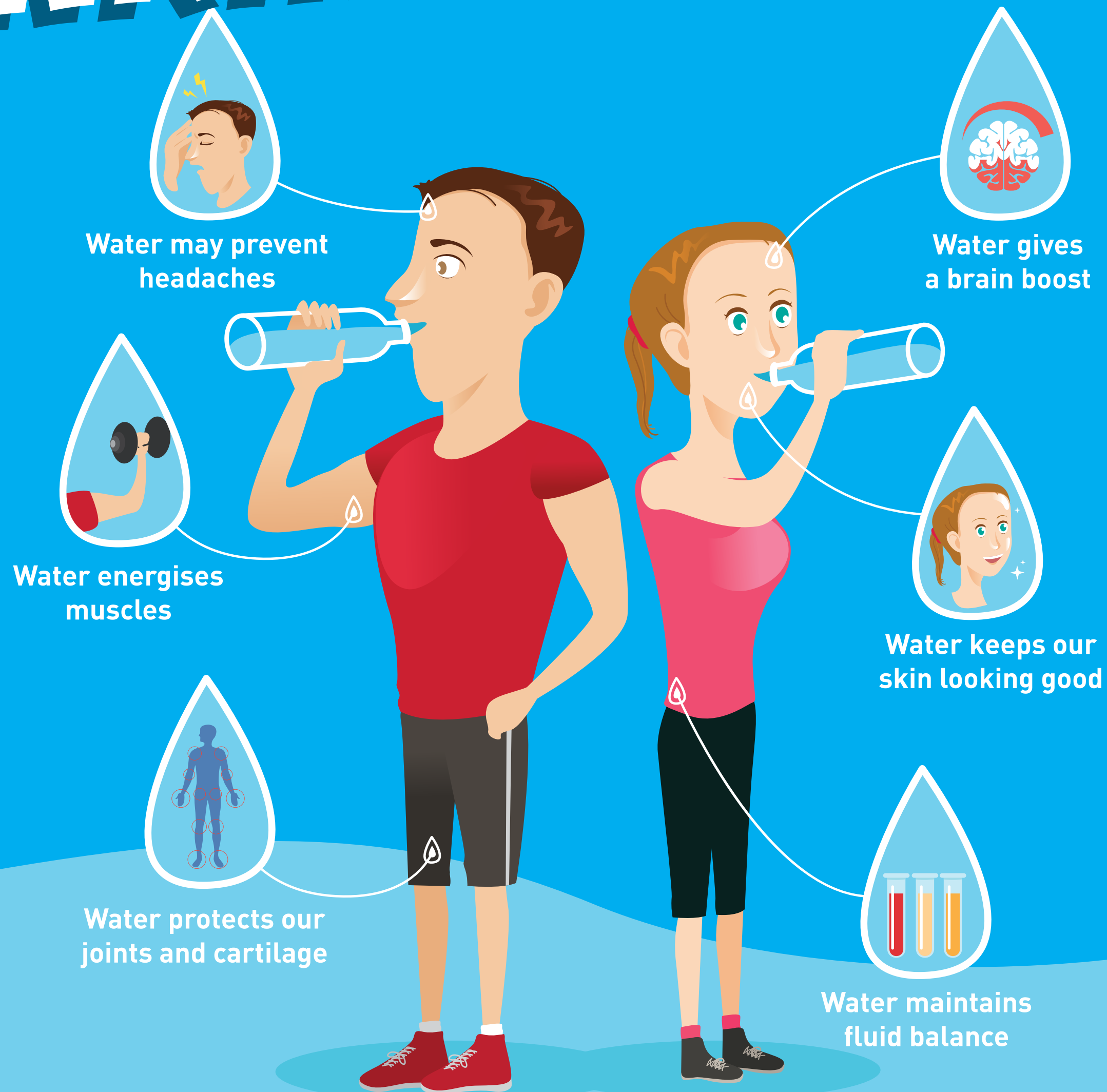
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# Benefits of **DRINKING WATER**





**DRINKING  
WATER IS LIKE  
TAKING A  
SHOWER ON  
THE INSIDE OF  
YOUR BODY**



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# ***WHEN YOU CAN'T THINK STRAIGHT HYDRATE***



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