

# THE BEST DRINKS FOR CHILDREN ARE WATER AND MILK.

*(Reduced fat milk for children over 2 years)*

## Why water?

Tap water is best to quench thirst

CONTAINS FLOURIDE



BUILDS STRONG TEETH

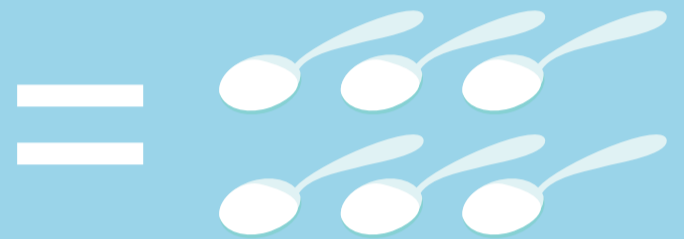


COSTS LESS



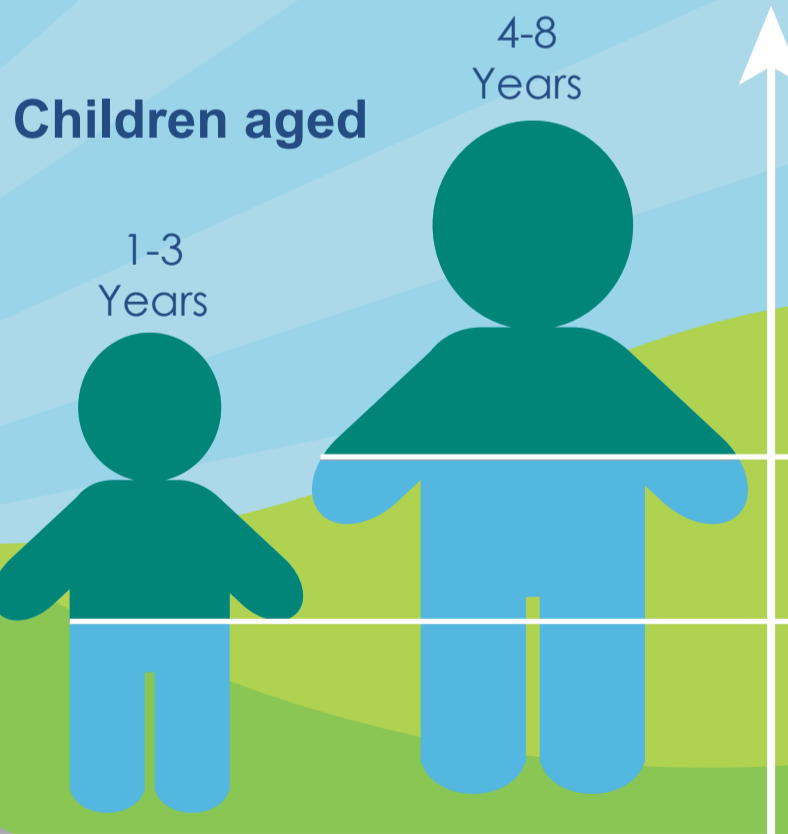
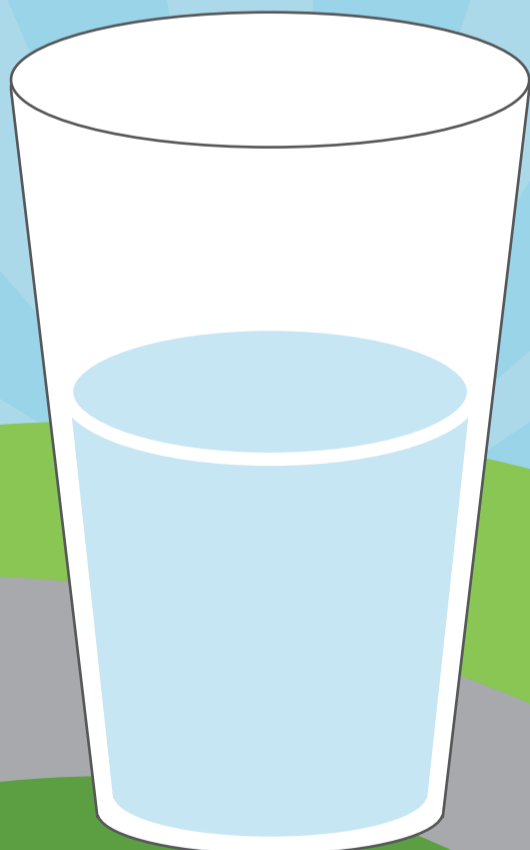
## Why not juice or soft drink?

One cup (250ml) of soft drink, cordial, sports drink or juice contains at least **6 teaspoons of sugar.**



*Soft drinks, sports drinks, and juices, all contain sugar and acid which both contribute to dental decay.*

## How much fluid do children need?



*If it is very hot or children are highly active they may need more fluid.*



**Limit fruit juice to one small glass (150ml) per day, and dilute this with water.**

*Artificially sweetened drinks contain acid which contributes to dental decay.*



**Health**  
Central Coast  
Local Health District