



H2O is the way to go!

Water has many functions in the body and is needed to keep the body hydrated and working well. Water is the **BEST DRINK CHOICE** for children as it meets hydration needs (quenches thirst), contains no energy or sugars that can damage teeth and is cheap and easy to get (most tap water in New Zealand is safe to drink). Everyday the body loses water naturally through sweating, going to the toilet and breathing, so it's really important to replace what is lost.

Water is also the best drink for sports events lasting less than 60-90 minutes. Children need to drink more water when they are hot and active to replace the extra water they lose from their body.

Here are some ways you can make water the number one drink choice:

- ✓ Always carry a water bottle with you everywhere you go – the car, family outings, to school and sports events
- ✓ Keep a jug of water in the fridge to keep it cold
- ✓ Add some flavour to your own water by adding mint, berries or orange and lemon slices
- ✓ Only have water (or milk) at the dinner table

Low fat milk is also a good drink choice as it contains energy, protein, calcium and many other vitamins and minerals. Have milk between or after meals.

Sweet drinks contain a lot of added sugar and aren't recommended as they contain a lot of energy and little or no nutritional benefit. If you have sweet drinks save them for special occasions and have them with meals to maintain oral health and only have a small amount (one glass).

The following table shows how much sugar in commonly consumed drinks

Water	0 tsp
Low fat milk	2 tsp
Glass of Raro (200ml orange mango)	4 tsp
Flavoured water (700ml tangerine flavour)	5 tsp
V Energy Drink (250ml can)	7 tsp
Coke (330ml can)	10 tsp
Mother Energy Drink (500ml can)	13 tsp
Powerade (750ml)	11 tsp
Coke (600ml bottle)	16 tsp
E2 (Blackcurrent 800ml)	20 tsp

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