



## 10 things we should all know about sweet drinks

### What are sugary drinks?

Beverages with added sugars, such as carbonated (fizzy) soft drinks, energy drinks, flavoured waters, fruit drinks and cordials, sports drinks, fruit juices and flavoured milks and breakfast drinks.

### How much sugar do they really have?

On average a 600ml bottle of fizzy has more than 16 teaspoons of sugar. It is recommended that the maximum daily sugar intake for a child is approximately 3-5 teaspoons and 6 teaspoons for adults.



### Do sugary drinks harm teeth?

Sugary drinks contain large amounts of sugar which dramatically increases the risk of tooth decay. All sugary drinks, including sugar-free or "diet" versions contain acids that irreversibly damages teeth through the erosion of tooth enamel.

### Is it OK to drink fruit juice?

Even unsweetened natural juices contain sugars and acids, so if you are thirsty, it's better to drink water. The main problem with fruit juice is that it contains no fibre and is very high in sugar. Eat your fruit, not drink it.



### Are diet drinks ok?

Although diet beverages contain no calories, they have a high acid content which harms teeth. They have the potential to displace water and milk which are the best drink choices for children. They also maintain a desire for sweet food and drinks.

### What about sports drinks and energy drinks?

Energy drinks and sports drinks contain as much sugar as fizzy drinks. The Ministry of Health and Health Promotion Agency state that energy drinks should not be consumed by children or adolescents and routine consumption of sports drinks should be avoided.





### **What are the other health effects of drinking to many sugary drinks?**

The consumption of sugary drinks has been linked to obesity, type 2 diabetes, heart disease and hypertension. An extra soft drink per day increases a child's risk of becoming obese by about 60%. People who consume one to two cans of sugary drink a day have a 26% greater risk of developing type 2 diabetes compared with people who rarely consume such drinks. Compared to children who don't drink soft drinks it has been shown that children who drink one can of soft drink per day have a 3.3kg higher average weight, those who drink two cans per day have a 5.3kg higher average weight.

### **Why single out sugary drinks?**

Sugary drinks are different from food in that they are consumed in massive quantities, have no nutritional value, and are clearly linked to obesity and type 2 diabetes. Additionally, unlike other foods with sugar, sugary drinks don't make us feel full. Sugary drinks are one of the main sources of added sugar in the NZ diet.



### **Is obesity a problem in NZ?**

Ministry of Health figures show that 1 out of 9 children are obese and a further 2 overweight. For adults 3 out of 10 are obese, and a further 3 overweight. The World Health Organisation has long identified major links between childhood obesity and chronic diseases in adulthood.

### **What are the best drinks?**

Make plain water the first choice over other drinks. Besides having zero calories, water is a no-sugar thirst-quencher. Milk is also a good choice as it provides energy, protein, and many vitamins and minerals including calcium.

