

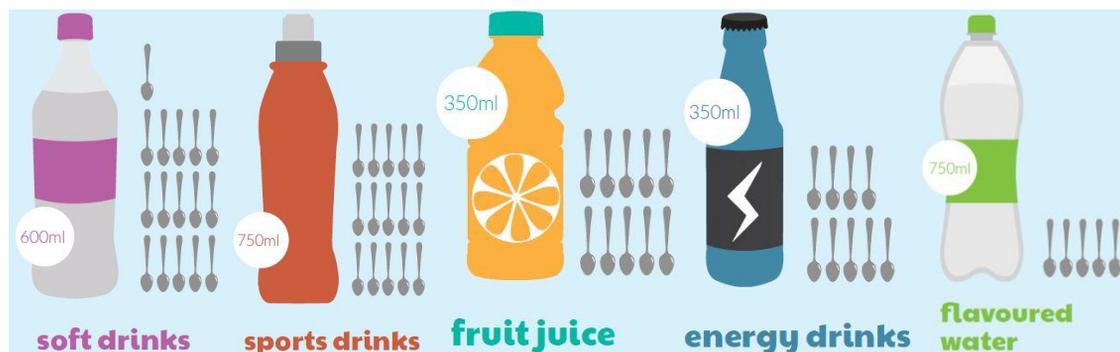
How much sugar are you drinking?

You're thirsty – what's the best drink to reach for? A fizzy drink? sports drink? fruit juice? energy drink?, smoothie? natural fruit juice?, iced tea?, flavoured milk or flavoured water?

Answer – none of the above. The best drink to reach for is always 100% water. Water is cool, fresh and always on hand. It's also free (out of the tap). And it's calorie/kilojoule free - unlike the drinks above, which are laden with sugar (excluding calorie-free versions, which are still acidic).

Even if we pay attention to how much sugar is in our food, we may not think about how much sugar is in our drink. And – even if the drink is perceived as good for us, such as fruit juice – you may be surprised to know that there is more sugar in drinks than you think.

So exactly how much sugar is in junk drinks?



Not only do these drinks load us with unnecessary calories, they are not good for our teeth. Sugar is a known cause of tooth decay and the acids in these drinks also contribute to tooth erosion (including the zero-calorie versions).

This Tap into Water campaign, is an ideal time to think about how much sugar we drink and make the switch to refreshing and hydrating water. If you have children, it's a great time for them to make the switch too.

So, be kind to yourself, your bodies and your teeth and reach for water, or plain milk for rehydration*. Water and plain milk are the best drinks for anyone young or old.

*low or reduced fat milk is recommended for everyone over 2 year of age



WATER
Available on tap

ALWAYS FRESH

This resource has been adapted from the HPA's: www.wellplace.nz/resources/how-much-sugar-are-you-drinking