

Kids – ‘Go for your life’



TAP^{INTO}
WATER
EVERYDAY

Drink water, not sugar

For healthy bodies and teeth, children need to drink water and limit sweet drinks. Reduce sweet drinks including fruit juice and fruit drinks, soft drinks, flavoured mineral water, cordials, sport drinks, energy drinks and flavoured milk.

Tips to help your family drink more water everyday:

- Keep a jug of fresh water in the fridge.
- Provide water for family and friends with meals and snacks.
- Teach children to help themselves to water, but ensure they ask for other drinks.
- Provide a water bottle for your child for school, kindergarten, child care and physical activity.
- Make water available to everyone on family outings.
- A glass of unflavoured, low fat milk can be a healthy drink to protect teeth for children over two years old.
- Children don't need sweet drinks. If you do buy sweet drinks, limit to a small glass and less than 1 to 2 times a week.

**Drink water everyday
and limit sweet drinks.**

www.goforyourlife.vic.gov.au/kids