



## DRINK UP!

Sugar sweetened drinks such as soft drinks, cordials, fruit drinks, vitamin-style waters, energy and sports drinks, are not recommended or needed. Remember from last year? Choose water or milk to quench your thirst.

Still want some bubbles to tickle your nose? Try some sparkling mineral water instead of plain - if you are at home and have a soda stream, try just making "bubble water" no syrup!

Flavour water with a squeeze of lemon or lime juice or pop in a frozen berry.

Sweet fizzy drinks like soft drink or energy drinks are 'sometimes' foods. We need some sugar to fuel our body BUT when it's added to drinks it can flood our engines and having them too often may lead to health problems like heart disease. Yikes!

Energy drinks might seem like a good pick me up but they are loaded with added sugar and caffeine! Leave them sitting on the shelf and reach for the H2 go!

Some fruit juices contain as much added sugar as a can of soft drink. **Eat your fruit! Don't drink it!**

We want to look after our teeth so we have them forever! Nom,nom,nom. Sloshing sugar drinks over them too often increases your chance of tooth decay. Keep your smile bright! Choose water instead.

Did you know a 600ml bottle of soft drink has up to 16 teaspoons of sugar in it! You wouldn't eat that much sugar! Why drink it! Yuk!

Milk is another great idea and a super energy boost. Whizz it up with some fruit and ice for a refreshing drink!

Only use sports drinks if and when you really need! Otherwise they can simply give a lot of unnecessary sugar. If you're training a couple of times a week, exercising at a moderate intensity, sports drinks really aren't for you. Water is what you should choose instead.

Limit consumption of fruit juice to ½ cup (with no added sugar) only occasionally

**If you want to glug, glug water! Don't glug fizzy drinks.  
Glug, slurp, gulp!**

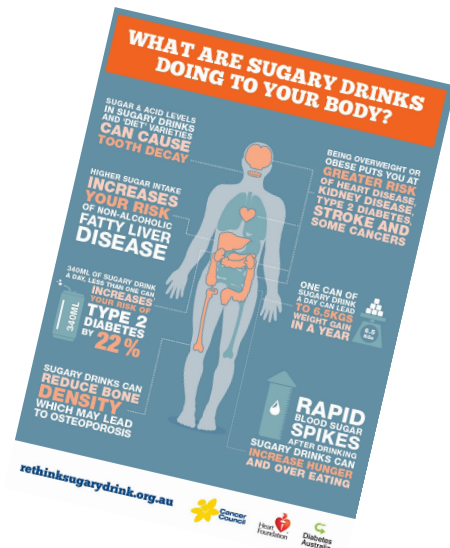




# DRINK UP!

## THE FACTS

### Did you know?



- Sugary drinks, or sugar sweetened beverages, include all non-alcoholic water based beverages with added sugar such as non-diet soft drinks, energy drinks, fruit drinks, sports drinks and cordial.
- Sugar sweetened beverages are high in kilojoules, leading to weight gain and obesity.
- Obesity is a leading risk factor for type 2 diabetes, cardiovascular disease and some cancers (including endometrial, oesophageal, renal, gallbladder, bowel and postmenopausal breast cancers).
- Research has shown that consuming 340ml of sugary drink a day (which equates to less than one can) increases your risk of type 2 diabetes by 22% when compared to drinking one can a month or less.

For more information on rethinking your sugary drink visit:  
[www.rethinksugarydrink.org.au](http://www.rethinksugarydrink.org.au)

rethink sugary drink			
How much sugar is in ...?			
Drink	Serving size	Grams of sugar (per serve)	Grams of sugar (per 100ml)
Coca Cola	375ml	40g	10.6g
Coca Cola	600ml	64g	10.6g
Sprite	600ml	61g	10.1g
Fanta	375ml	42g	11.2g
Solo	600ml	72.6g	12.1g
V Energy Drink	500ml	53g	10.6g
Red Bull	250ml	27g	11g
Mother	500ml	52g	10.4g
Gatorade: Fierce Grape flavour	600ml	36g	6g
Powerade: Mountain Blast flavour	600ml	34g	5.7g
Spring Valley Smart Water: Armour flavour	500ml	33g	6.6g
Vitamin Water: Essential flavour	500ml	27g	5.49g
Lipton Ice Tea: Peach flavour	500ml	26.5g	5.3g

