

WATER IS THE BEST DRINK!

Children need water everyday, so:

- pack a water bottle for your child each day
- keep a jug of fresh water on the bench or in the fridge at home.

Plain milk is also an important drink, as it is a good source of calcium.

Avoid sweet drinks. They are not part of a healthy diet and can contribute to tooth decay and weight gain. Sweet drinks include soft drink, flavoured mineral water, flavoured milk, cordial, fruit drink and fruit juice.



Encourage children to drink water when they are thirsty!