

Good for Kids good for life

CHOOSE WATER as a drink

Water is the best drink as it does not have any added sugar. Fruit juices, soft drink, sports drinks or cordials should not be given to your child everyday as they contain a lot of added sugar. Tap water is the best choice. In most areas, tap water contains fluoride, which helps children to develop strong teeth.



BEST CHOICE

GOOD FOR STRONG BONES & TEETH

AVOID/LIMIT THESE HIGH SUGAR DRINKS

NOT EVERY DAY, LIMIT TO 1/2 CUP



Published October 2017

MAKE HEALTHY NORMAL

NSW Health Western Sydney Local Health District

Source: Western Sydney Local Health District



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