



# HEALTHY DRINKS FOR CHILDREN

Children aged 4–8 need about 8 cups of fluid every day (1 cup = 150ml), and those aged 9–13 need about 12 cups. They may need more if the weather is hot or they are very active. Drinking too little can cause dehydration and lead to headaches, constipation and poor concentration.

## WATER

- This is the best drink for your child
- It's thirst-quenching and kind to teeth
- Offer it regularly throughout the day
- Provide a water bottle for school

**WATER DOESN'T  
CONTAIN ANY SUGAR**



## MILK

- It's a rich source of calcium, which is important for strong bones and teeth
- Semi-skimmed is suitable from 2 years and skimmed from 5 years of age

## PURE FRUIT JUICE

- It's rich in vitamins and minerals to boost your child's immune system
- A small glass (150ml) counts as one of your child's 5-a-day. Drinking more than this will not count as more portions, however
- The natural sugar fructose in fruit juice can contribute to dental decay, so offer at mealtimes and use a straw to drink with

## DRINKS TO AVOID

The following drinks contain large quantities of added sugar, which can contribute to dental decay and obesity:

- ✗ Fizzy drinks
- ✗ Sugar free or diet drinks (these are still acidic and can therefore still damage teeth)
- ✗ Juice drinks
- ✗ Squash or cordial (except sugar free varieties)
- ✗ Flavoured water
- ✗ Milkshakes (e.g. Yop, Yazoo)
- ✗ Caffeinated drinks
- ✗ Energy drinks (e.g. Lucozade, Red Bull)
- ✗ Sweetened tea (tea also contains tannins, which can reduce the absorption of iron from your child's diet)

## HOW MUCH SUGAR? (teaspoons)



4

4

4



5

5

5.5

7.5

# HEALTHY SNACK IDEAS FOR CHILDREN

Snacks are an important part of a balanced diet for children; they can be tasty, healthy, and a great way to introduce new foods and help achieve their 5-a-day.

## TASTY SNACK IDEAS

1 slice of wholegrain toast with marmite or ham

1 mini pitta bread with low fat houmous

1 crumpet with low fat spread

½ bagel with peanut butter

1 small sandwich filled with tuna and sweetcorn or ham and tomato

2 crispbread or breadsticks with low fat cream cheese

Vegetable sticks with dip (e.g. low fat houmous, guacamole or salsa)

A handful of pretzels

A handful of plain, unsweetened popcorn

Rice cakes

Fresh fruit (e.g. 1 small banana, 10 grapes or 2 plums)

120g tinned fruit in natural juice

Cereal (e.g. 1 weetabix, 30g porridge)

Jelly (no added sugar variety)

Angel Delight (no added sugar variety)

Low fat yoghurt

1 slice of fruit bread or malt loaf

1 wholemeal scone with sugar free jam

1 or 2 oatcakes

