

Healthy drinks, drinks, drinks!

Choosing healthier drinks is a key part of getting a healthy balanced diet as shown on the Eatwell Guide!

Many soft drinks are high in sugar, and therefore high in calories. This handout will help parents and teachers to choose a balance of healthy drinks for children (or Tribe Members to us at Thrive Tribe Academy).

Want to know why healthy fluid choices are important? Want to know how much fluid your child needs every day? Then **READ ON!**

We'll provide key messages and useful tips to help your children or pupils to make the best choices!

We are made of water...

- Your body needs water or other fluids to work properly.
- Water makes up 2/3rds of the weight of a healthy body.

We are
2/3rds
water

How much do children need to drink a day?

The amount of fluid a child needs depends on many factors including their size, age, gender, the temperature outside (i.e. they should drink more on a hot day) and how much exercise they do (i.e. when they sweat they need to replace the fluid they have lost).

If children are dehydrated and have not had enough to drink they will get dark wee, headaches, low energy and feel light-headed.

In general, the Eatwell Guide recommends that children should aim to drink about 6-8 glasses of fluid a day (on top of the water provided by food in their diet).



Younger children need relatively smaller servings (e.g. 150-200ml) and older children need larger servings (e.g. 250-300ml). To stay healthy it is important children replace the fluid they lose when they breathe, sweat or go to the toilet.

Healthiest
choices



Water – Drink plenty of water!

This is the best choice because it is hydrating but has no calories. Water is also freely available and contains no sugar so will not damage your teeth!



Reduced-fat milk – Above the age of two it is OK for children to change to semi-skimmed milk as long as they are following a varied diet. Milk is a useful source of nutrients, especially protein, B vitamins and calcium.

Top tip!

Drinking water can help children improve their attention and memory. For improved performance in the classroom, why not make sure all your pupils have a bottle of water on their desk that they can sip on?

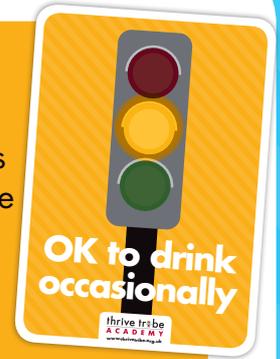




Tea and coffee –
Contains caffeine which is a stimulant! High intakes of tea and coffee are not suitable for young children or toddlers and should be avoided.



Sugar-free drinks –
These help hydrate without adding extra sugars but it's a good idea for most drinks to be milk or water to avoid getting a taste for sweet drinks. Diet fizzy drinks add little to the diet as they are very low in nutrients and should only be consumed occasionally.



Fruit and vegetable juices and smoothies – Limit these drinks to one small 150ml glass a day (which is 1 of your child's 5 fruit and vegetable portions a day) as they contain fruit sugars and acids which can be damaging to teeth. Choose 100% fruit juice with no added sugar and dilute juices or smoothies so your children avoid drinking too much, while also cutting down on sugar intake and acidity!



Hot chocolate –
Milky drinks containing added sugars such as milkshakes and hot chocolate are best avoided, especially those from a coffee shop or fast food outlet.



Sports and energy drinks – May contain high levels of sugar, caffeine or other chemicals/stimulants. These drinks are no different to any other sugary soft drink which means that they are high in calories and contribute to tooth decay.



Sugary drinks – Best avoided as they contain a lot of sugar, few nutrients and may contain caffeine. Where possible try to choose sugar-free versions or diet drinks. Sugary juice drinks such as Capri Sun and Sunny Delight may contain only 5% juice and would not count as 1 of your children's 5 a day.

Top tips for teachers

1. Try to make sure all pupils have access to fresh drinking water in bottles or water fountains.
2. Encourage all your pupils to drink water regularly during the day – remind your pupils to drink by having regular fluid breaks in lessons.
3. Download our free fluid diary and complete this with your pupils in class to see if they are making healthy drink choices.



Did you know... Sugars in whole fruit are less likely to cause tooth decay because the sugar is contained within the structure of the fruit. Once the fruit is juiced or blended the sugars are released.

Are there any healthy changes your children could make to their daily drinks?

Don't miss out on our FREE drinks diary to help your children monitor their fluid intake!