

Drink water – it's on tap 24/7!

In some areas of nutrition, it is difficult to give a clear and simple message because there are so many issues to consider. However, when it comes to sugary and sweet drinks the opposite is true. The message is very clear:

- ***plain water and reduced fat milk* are the best drinks for children.***

Drink manufacturers spend a huge amount of money to promote their products. They do this by re-branding and sponsorship as well as old-fashioned advertising and giveaways. Some sweet drinks have grabbed media attention recently, highlighting the need to reinforce health messages about drinks.

Sports drinks

Sports drinks are the latest drink 'trend' with many adults and children reaching for a bottle as soon as they tie their sneakers. Clever marketing has convinced many people that they need these products whenever they exercise. While sports drinks can have advantages for athletes competing in high intensity exercise, they are high in sugar (**around 12 teaspoons per bottle**) and have no advantage for the majority of the community. In fact they may well be undoing some of the benefits of being active by increasing kilojoule intake and promoting tooth decay.

Diet drinks

While diet drinks may appear to be a good alternative to sugary drinks, they are not a healthy option and should not be promoted to children. They reinforce the idea that drinks should come from a bottle, be coloured, flavoured and taste sweet – and be purchased from a shop!. The acidity of diet drinks can contribute to poor dental health and some contain significant amounts of caffeine. Diet drinks should be treated as an occasional drink, just like sugary drinks.

REMEMBER, WATER AND REDUCED-FAT MILK* ARE THE ONLY DRINKS RECOMMENDED FOR CHILDREN.

*Light blue and green top milk can be introduced to children from 2 years of age

National Drink Water Week- 20-26 March

Your school should have received some information from the New Zealand Kidney Foundation on the inaugural National Drink Water Week.

Each pack includes posters, activities, information on the benefits of drinking water, colouring sheets and a word find.

For more information check out:

www.nzkidneyfoundation.co.nz

Healthy Nibbles

Nutrition & physical activity information for primary schools

For more information visit: www.cph.co.nz

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Te Poari Hauora o Waitaha