

# What are the best drinks for children?

The 2002 National Children's Nutrition Survey revealed that thirty one percent of New Zealand children aged 5-14 years are overweight or obese. There is strong evidence that drinks high in sugar (whether natural or added) play a role in promoting weight gain in children.

## Did you know?

In the 1950s the standard portion size for coca-cola was less than 200ml. In the 21<sup>st</sup> century it has risen to almost 600ml. The 600ml bottle is a popular serving sold in NZ. New Zealanders are now the 11<sup>th</sup> highest consumers of soft drink per capita worldwide.

Sugary drinks can dull a small child's appetite and take away the enthusiasm for a meal. Continually sipping on sugary drinks can cause tooth decay.

## What are the best drinks for children?

<p><b>PLAIN WATER and REDUCED FAT MILK* are BEST. Encourage as much as possible.</b></p> <p>Drink water yourself, drink water as a family.          Keep a jug of chilled water in the fridge.          Buy younger children their own special cup or fun straw.          For a change, put some ice cubes in or a slice of fruit.          Give water a special name, like "rain juice"          *Reduced fat milk can be introduced from 2 years of age.          Milk is a good drink for children because it is highly nutritious - serve milk after or between meals.</p>	
<p><b>Sugary drinks are NOT RECOMMENDED</b></p>	
<p><b>Not recommended, if chosen limit to 1 cup (250ml) in total per day:</b></p> <ul style="list-style-type: none"> <li>• Flavoured waters</li> <li>• Diet drinks</li> <li>• 100% fruit juices <i>Dilute with water, almost fill a glass with water and then add a little juice</i></li> <li>• Flavoured milk</li> <li>• <i>Half fill a glass with flavoured milk and then dilute with trim or low fat milk</i></li> </ul>	<p><b>Not recommended, if chosen limit to less than once a week, 1 cup (250ml) in total:</b></p> <ul style="list-style-type: none"> <li>• Regular soft drinks</li> <li>• Energy drinks</li> <li>• Sports drinks</li> <li>• Fruit drinks</li> </ul>

Recommendations based on the report by the Scientific Committee of Agencies for Nutrition Action (May 2005)

## Healthy Nibbles for Tots

Nutrition & physical activity information for Under 5s

For more information visit: [www.cph.co.nz](http://www.cph.co.nz)

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District Health Board

Te Poari Hauora o Waitaha