



Your Challenge

Have at least 6-8 drinks every day!

What are healthy drink choices?



Water

Hydrates without providing energy (kilojoules/ kilocalories) or risking harm to teeth



Drink plenty!



Lower fat milks

Provide calcium for strong bones and teeth



Unsweetened fruit juice or smoothies*

Counts as a maximum of one of your 5 A DAY



Unsweetened hot drinks

Can help you stay hydrated



*Limit fruit juice and/or smoothies to a combined total of 150ml per day

What will you drink?