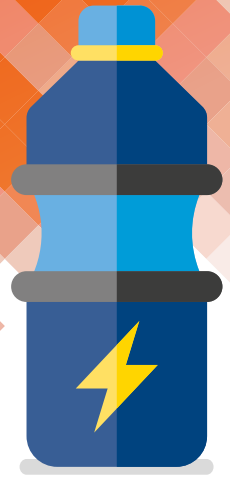


rethink sugary drink



AT HOME FactSheet

Did you know?

A regular 600mL bottle of soft drink contains around 16 teaspoons of sugar!

Regular consumption of soft drinks and other sugary drinks, such as energy drinks, fruit drinks, iced teas and sports drinks can lead to weight gain and obesity, increasing the risk of type 2 diabetes, heart disease, kidney disease, stroke and some cancers. All that sugar can also lead to tooth decay.

The leading health organisations behind Rethink Sugary Drink urge Australians to reduce their intake of sugary drinks and choose water or reduced-fat milk instead.

WHAT ARE SUGARY DRINKS DOING TO YOUR BODY?

SUGARY DRINKS AND YOUR BODY

SUGAR & ACID CAN CAUSE **TOOTH DECAY**

ONE CAN OF SOFT DRINK A DAY CAN LEAD TO **6.5 KGS** OF **WEIGHT GAIN** IN A YEAR

OVERWEIGHT & OBESITY INCREASES RISK OF **HEART DISEASE**
KIDNEY DISEASE
TYPE-2 DIABETES
STROKE AND
SOME CANCERS

rethinksugarydrink.org.au

GO SUGARY DRINK FREE

Rethink Sugary Drink encourages children and adults to reduce their intake of sugary drinks and choose water or reduced-fat milk instead.

This recommendation is supported by the Australian Dietary Guidelines which state that sugary drinks increase the risk of overweight and obesity in children and adults and should be consumed on a limited basis.

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Worried you couldn't possibly give up sugary drinks? Here are some suggestions to help you get started.

Tips to help you and your family cut back

- Carry a water bottle for every member of the family, so you don't have to buy a drink if you're thirsty.
- Before you go out, remind everyone to refill their bottles. If they're thirsty, encourage them to drink some water first.
- Be wary of health claims on drinks, like 'contains vitamins' – refer to the amount of sugar on the nutrition panel.
- If you consume sugary alcoholic drinks, see if there are lower sugar options. Alcohol itself is loaded with kilojoules so cutting back on booze is also good.
- If you're ordering a fast food meal, ask for water or diet drink instead of the default sugary drink.
- When it comes to fruit juice, opt for only small amounts of 100% fruit juice and check the packaging to make sure there is no added sugar. Be aware of the risk of tooth erosion.
- If your child is aged over two, serve them reduced or low-fat milk. Limit flavourings like strawberry or chocolate powders and syrups.
- Avoid serving soft drink with meals at home – opt for water instead.
- Give your child a water bottle to take to school so they can refill throughout the day.
- Request your child's school and sports club remove any sugary drinks from vending machines and the canteen.
- Sports drinks are also full of sugar and acid and are not necessary for children to drink. Water will rehydrate them, is cheaper and better for them overall.
- When other people look after your child, ask them to give your children reduced or low-fat milk or water rather than sugary drinks.

For more information

Visit the Rethink Sugary Drink website www.rethinksugarydrink.org.au to:

- find out [how much sugar is in your favourite drink](#)
- learn more about the [health impacts](#) of regular sugary drink consumption
- calculate [how far you'd have to walk to work off your sugary drink intake](#)
- check out the latest [videos](#), [posters](#) and [news](#) from Rethink Sugary Drink.

