

# rethink sugary drink



## AT SCHOOL FACT SHEET

### 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 6.5KGS 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](http://rethinksugarydrink.org.au)

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## What schools can do about sugary drinks

- Reduce the availability of sugary drinks in schools – and ensure water is readily available – to create a healthier environment for staff, students and parents.
- Educate students about the health impacts associated with sugar drinks with Rethink Sugary Drink [Critics' Choice](#). This educational resource has been specifically designed for Australian classrooms to help students in Years 5 to 10 understand the health impacts associated with sugary drinks. For details visit [rethinksugarydrink.org.au/critics-choice](http://rethinksugarydrink.org.au/critics-choice).

## Help students and staff go sugary drink free

- Review your canteen menu and remove any soft drinks, fruit drinks or sports drinks and replace them with reduced-fat milk or water.
- If you can't remove sugary drinks altogether, consider making your low-sugar options cheaper.
- Make sure students have easy access to tap water.
- Encourage students to bring their own water bottle to school and refill throughout the day.

## Want to do more?



## Help spread the word

Use your school's newsletter, website, noticeboards and intranets to help Rethink Sugary Drink raise awareness of the health impacts associated with sugary drinks among parents, staff and students. Suggested content is available to download [here](#).

## Tell us about your achievements

Rethink Sugary Drink is eager to hear how schools are helping their community to cut back on sugary drinks. Send photos and a brief summary of your achievements to [rethinksugarydrink@cancervic.org.au](mailto:rethinksugarydrink@cancervic.org.au)

## For more information

Visit the Rethink Sugary Drink website [rethinksugarydrink.org.au](http://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.