

# rethink sugary drink

## Rethink Sugary Drink at Work Fact Sheet

You wouldn't eat 16 packs of sugar in one hit, so why would you drink them all in one go?

There are about **16 packs of sugar** in a 600ml bottle of regular soft drink.

Consumption of sugar sweetened beverages, which include soft drinks, energy drinks, fruit drinks and sports drinks, adds extra kilojoules to your diet with no nutritional benefit, and can result in tooth decay.

If you don't burn them off, those extra kilojoules can result in weight gain and obesity which are known risk factors for serious health issues including type 2 diabetes, cardiovascular disease and cancer.

Instead of grabbing a sugar sweetened drink, why not try water or reduced fat milk instead?

### Stats and facts to make you (re)think



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## Sugary drink and tooth decay

Tooth decay is the most common disease in Australia.

Tooth decay occurs when sugar combines with bacteria in the mouth and produces acid. This acid attacks the teeth, together with the acid already contained in the drinks. Diet or 'sugar-free' soft drinks also contain acid that harms the teeth.

Drinking a can of soft drink each day will significantly increase your risk of tooth decay and erosion.

## Go sugary drink free

Cancer Council, National Heart Foundation, Diabetes Australia and the Australian Dental Association recommend children and adults reduce their intake of sugar sweetened beverages and drink water or reduced fat milk instead.

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

Here are some suggestions to help staff reduce their consumption at work:

- If you have a canteen or cafeteria, place water, reduced fat or unsweetened drinks in an easy-to-see position.
- Look at your catering. If you provide sugary drinks at functions or meetings consider other options.
- Ensure you provide tap water or a water cooler that employees can easily access.

## Vending machines

If your workplace has a vending machine, the healthiest step would be to remove it. The next best alternative would be to only stock it with water, reduced or low fat milk and low-kilojoule options.

If this isn't possible, there are a few things you can do to help minimise the impact of sugar sweetened beverage consumption:

- Make sure water, reduced or low fat milk and low-kilojoule options are stocked at eye level. High kilojoule beverages should be placed furthest from eye level.
- Water should be stocked in at least two slots per machine.
- Sugar sweetened beverages should be provided in the smallest containers available only (e.g. soft drinks in 375ml cans instead of 600ml bottles).
- Make sure the vending machine does not have advertising of sugar sweetened beverages on it.
- Make the healthier choice the cheaper choice. Set lower prices for water and reduced fat milk and low-kilojoule drinks.

By following the recommendations outlined here, you are helping to provide a healthier work environment.

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