

rethink sugary drink



AT WORK 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 WORKPLACES CAN DO ABOUT SUGARY DRINKS

Reduce the availability of sugary drinks in workplaces – and ensure water is readily available – to create a healthier environment for staff.

Help staff go sugary drink free

To help staff reduce their sugary drink consumption at work:

- If you have a canteen or cafeteria, place water or unsweetened drinks in an easy-to-see position, and reduce exposure of sugar-sweetened drinks.
- Look at your catering. Consider providing only water and 100% fruit juice at functions or meetings.
- Ensure you provide tap water or a water cooler that employees can easily access.
- Display Rethink Sugary Drink posters in the workplace to raise awareness of the health impacts associated with sugary drinks. [Download and print here.](#)
- Give a Rethink Sugary Drink presentation to staff on how reducing sugary drink consumption is good for their health. [Download free slides here.](#)

Create healthier vending machines

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

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

- Make sure water, reduced or low-fat milk and low-kilojoule options are stocked at eye level. Place high-kilojoule beverages furthest from eye level.
- Stock water in at least two slots per machine.

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- Offer sugary drinks in the smallest containers available (e.g. soft drinks in 200mL or 375mL cans instead of 600mL bottles).
- Make sure the vending machine does not have sugary drink advertising on it.
- Make the healthier choice the cheaper choice. Set lower prices for water, reduced-fat milk and low-kilojoule drinks.
- Consider a phase out approach where sugary drinks in the vending machine are slowly reduced over time and replaced with water.

For more information see our [healthy vending machine guidelines factsheet](#).

To see if your vending machine measures up, use the Victorian Healthy Choices free [online assessment tool](#).

WANT TO DO MORE?

Help spread the word

Use your organisation's social media accounts, newsletters, blog, website or intranet to help Rethink Sugary Drink raise awareness of the health impacts associated with sugary drinks.

Suggested content for newsletters, social media, websites and other channels is available to [download here](#).

Tell us about your achievements

Rethink Sugary Drink is eager to hear how workplaces are helping staff reduce their sugary drink consumption. Send photos and a brief summary of your workplace's achievements to

rethinksugarydrink@cancervic.org.au

For more information

- For the latest sugary drink consumption data, research, case studies and other key information and resources, visit the [For Professionals](#) page on the Rethink Sugary Drink website.
- Learn more about the health impacts of regular sugary drink consumption on the [Facts](#) page on our website.
- Email Rethink Sugary Drink rethinksugarydrink@cancervic.org.au

