

Display kit



# Drinks

# Instructions

## Instructions for display kit assembly:

- 1. Print slides out single-sided and in colour.  
Laminate each sheet.**
- 2. Some slides need to be attached to create a banner:**
  - Trim and join slides 4 and 5 to read 'Drink mostly water'
  - Trim and join slides 6 and 7 to read 'Make water the main drink'
  - Join slides 10 and 11 to read 'Offer milk as well'
  - Join slides 12 and 13 to read 'Limit sweet drinks'

## Note for schools:

Leave out the 'Looking after baby teeth' slide.

## The kit consists of 23 slides as follows:

### Landscape slides:

- Drink mostly water (2 pages)
- Make water the main drink (2 pages)
- Offer milk as well (2 pages)
- Limit sweet drinks (2 pages)
- Protect your child's teeth (1 page)
- What about juice? (1 page)
- Looking after baby teeth (1 page)
- Find out more (1 page)

### Portrait slides:

- Water (1 page)
- Milk (1 page)
- Flavoured milk (1 page)
- Sports drink (1 page)
- Water cordial (1 page)
- Fruit drink (1 page)
- Blackcurrant cordial (1 page)
- Soft drink (1 page)
- Energy drink (1 page)
- Fruit juice (1 page)

# Setting up the kit

## Drink mostly water



### Make water the main drink



Fill a bottle with water for childcare or school.

Have water on the table at mealtimes.



Show that you enjoy water too.

Offer water when being active.



Take a water bottle with you when you go out.

### Water



### Milk



### Offer milk as well



Along with water, offer plain milk to your child.

From 12 months of age, children do not need more than 500ml (2 cups) of milk a day. Too much milk can fill them up and stop them from eating well.



### Milk for different ages

• Up to 12 months breast milk (or infant formula) is the main drink.

• After 12 months cow's milk or non-dairy milks (e.g. soy) can be given.

• If using non-dairy milks choose one with at least 100mg calcium and 3g protein per 100ml.



## Limit sweet drinks

### Flavoured milk



1 glass (250ml)



= 6 teaspoons sugar

### Sports drink



1 glass (250ml)



= 4 teaspoons sugar

### Water cordial



1 glass (250ml)



= 4.5 teaspoons sugar

### Fruit drink



1 glass (250ml)



= 5 teaspoons sugar

### Blackcurrant cordial



1 glass (250ml)



= 7 teaspoons sugar

### Soft drink



1 glass (250ml)



= 7 teaspoons sugar

### Energy drink



1 glass (250ml)



= 7.5 teaspoons sugar

### Fruit juice



1 glass (250ml)



= 4.5 teaspoons sugar

### Keeping teeth strong

- Sweet drinks are high in sugar.
- Sugar makes the mouth acidic which can damage teeth.
- Having about 2 hours between meals and snacks, with only water to drink, makes the mouth less acidic. This helps to protect teeth.
- If offering sweet drinks, have them with a meal.



### What about juice?



1 glass (250mL) juice from about 3 oranges

- Juice is acidic and contains a lot of natural sugar.
- Sugar and acid are not good for teeth.
- When you eat a whole piece of fruit, you get fibre.
- Most of fibre is lost in juicing.
- Offer fruit to eat instead of juice.

### Looking after baby teeth



Only use bottles for breast milk, infant formula or water.

Sweet drinks in bottles can damage teeth.

From 6 months of age start offering your baby drinks in a cup.

**Find out more**

**Healthy Kids website**  
 Website: [www.healthykids.gov.au](http://www.healthykids.gov.au)  
 1. Call us on 1800 010 828  
 2. Contact your local health service  
 3. Contact your local council  
 4. Contact your local school  
 5. Contact your local community centre

**Local Health**  
 Find out more about the health services in your area. Contact your local health service for more information.

**Drink mostly**

**water**



# Make water the main drink



Fill a bottle with water  
for childcare or school.

Have water on the  
table at mealtimes.





**Show that you enjoy water too.**

**Offer water when being active.**



**Take a water bottle with you when you go out.**

# Water





# Milk



# Offer milk as well



Along with water, offer plain milk to your child.

From 12 months of age, children do not need more than 500mL (2 cups) of milk a day. Too much milk can fill them up and stop them from eating well.



# Milk for different ages

- Up to 12 months breast milk (or infant formula) is the main drink.
- After 12 months cow's milk or non-dairy milks (e.g. soy) can be given.
- If using non-dairy milks choose one with at least 100mg calcium and 3g protein per 100mL.



**Limit swe**

et drinks

# Flavoured milk



1 glass (250ml)



---

= 6 teaspoons sugar

---

# Sports drink



1 glass (250ml)



---

= 4 teaspoons sugar

---

# Water cordial



1 glass (250ml)



---

= 4.5 teaspoons sugar

---



# Fruit drink



1 glass (250ml)



---

= 5 teaspoons sugar

---

# Blackcurrant cordial



1 glass (250ml)



---

= 7 teaspoons sugar

---

# Soft drink



1 glass (250ml)



---

= 7 teaspoons sugar

---

# Energy drink

These drinks are high in caffeine.  
They are not recommended for  
children or young people.



1 glass (250ml)



---

= 7.5 teaspoons sugar

---

# Fruit juice



1 glass (250ml)



---

= 4.5 teaspoons sugar

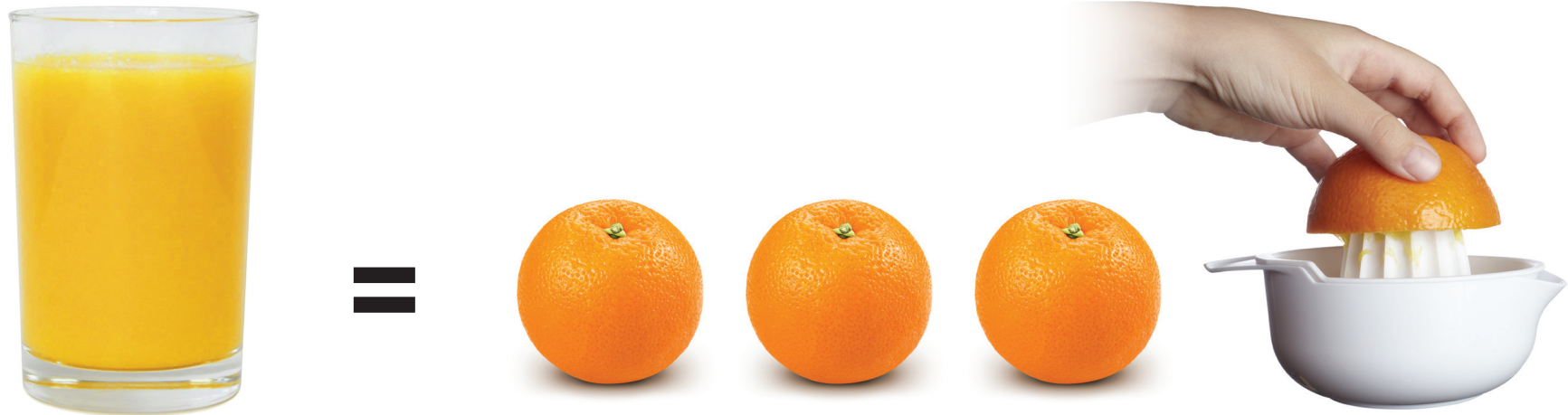
---

# Keeping teeth strong

- Sweet drinks are high in sugar.
- Sugar makes the mouth acidic which can damage teeth.
- Having about 2 hours between meals and snacks, with only water to drink, makes the mouth less acidic. This helps to protect teeth.
- If offering sweet drinks, have them with a meal.



# What about juice?



**1 glass (250mL) juice from about 3 oranges**

- Juice is acidic and contains a lot of natural sugar.
- Sugar and acid are not good for teeth.
- When you eat a whole piece of fruit, you get fibre. Most of this is lost in juicing.
- Offer fruit to eat instead of juice.

# Looking after baby teeth



Only use bottles for breast milk, infant formula or water.



Sweet drinks in bottles can damage teeth.



From 6 months of age start offering your baby drinks in a cup.



## Find out more:

### Healthy Kids website

#### Includes information and links relating to:

- nutrition and physical activity for children
- the Move Well Eat Well program for schools and early childhood services
- the Healthy Tasmania partnership.

[doh.health.tas.gov.au/healthykids](http://doh.health.tas.gov.au/healthykids)



### Oral Health

#### Includes information and links relating to:

Find out more about dental care for children, including how to book a dental appointment for children under 18 years.

[www.health.tas.gov.au/health-topics/dental-health/learn-about-dental-health/dental-health-children](http://www.health.tas.gov.au/health-topics/dental-health/learn-about-dental-health/dental-health-children)



**Move  
well  
eat  
well**

**healthy  
Tasmania**  
A Tasmanian Government  
and Community Partnership



Department of **Health**  
GPO Box 125  
Hobart TAS 7001

1300 135 513

[www.health.tas.gov.au](http://www.health.tas.gov.au)