



Background notes for Drink Kit

Frequent consumption of high sugar drinks will contribute kilojoules (calories) to a persons diet and can result in overweight. Diet drinks although not providing energy do not contain any nutrients.

Dental caries: High sugar drinks may also contribute to teeth decay, especially if sipped over long periods and in between meals. Your dental therapist is a good resource to discuss this with further.

Endurance events: Sports drinks such as Gatorade or Powerade are not needed unless the event is great than 90 minutes in duration.

Encourage as much as possible

Plain water: Keep cold water in the fridge – most drinks are more enjoyable cold
Add slices of lemon, lime or orange to give some flavour
Make ice cubes with small mint leaves for interest
Buy younger children their own special water bottle or provide straws to encourage drinking



Trim milk, light blue top milk and Calci-trim:

Children over the age of two years can have low and reduced fat milk and dairy products. Introduce gradually from the age of two years of age and upwards.

Do not consume, or at most limit consumption to 1 serving (250mL) per day

100% fruit juice: Choosing the fresh fruit option in conjunction with a glass of water would provide more fibre (more than 4g compared with 0.5g) and be more filling.
Water juice down by at least 1 in 4 in young children and up to 1 in 3 for older children.

Flavoured milk: Using half flavoured milk and half trim milk will lower the energy (535 vs. 729), sugar (18 vs. 23g and fat (4.5 vs. 2.9g) contents and slightly increase the calcium content (358 vs. 339) mg per serving).

Flavoured waters: While these drinks do contain considerably less sugar, they are sold in large servings which may encourage increased consumption. It's also important to not encourage a taste for always having a flavoured drink.

Diet drinks: These may displace other beneficial drinks and have few other nutrients

Do not consume or at most limit consumption to treats only (less than once per week)

Regular soft drinks: Soft drinks have high sugar and energy contents and some contain significant amounts of caffeine

Energy drinks: These drinks also contain high amounts of sugar, energy and caffeine.

Sports drinks: Advice should be sought from a registered sports nutritionist or sports dietitian regarding the usefulness of these drinks for children for certain sports in certain situations

Adapted from CDPH: www.cph.co.nz and the Healthy Food Guide