

SUGAR IN DRINKS

New Zealanders are now the 11th highest consumers of soft drink per capita worldwide. This isn't something to be proud of !!!

Did you know?

The portion sizes of Coca-Cola in the US have increased from less than 200ml in the 1950s to almost 600ml in 2000. This is more than two cups! The 600ml bottle is a popular serving sold in NZ.

What is the problem with sugary drinks?

Most sugary drinks provide few essential nutrients, and can contribute to tooth decay and overweight

Amounts of Sugar in Common Drinks

800ml E2	20 teaspoons sugar
600ml bottle of Coke	18 teaspoons sugar
600ml bottle of Fanta	16 teaspoons sugar
400ml juice	10 teaspoons sugar
350ml V	7 teaspoons sugar
250ml Calci Yum	6 teaspoons sugar
750ml flavoured water	4 teaspoons sugar
750ml plain water	0 teaspoons sugar

Remember:

- Most sweet drinks are described as providing 'empty calories' because they don't provide any essential nutrients
- Sports drinks are not recommended unless you are doing more than 90 minutes of exercise
- Add ice cubes to juice to water it down
- Add a teaspoon of milo to low fat milk to add flavour – it is much lower in sugar than flavoured milk!

How much fluid should we drink?

Young people need at least six to eight glasses of fluid per day – it is important to drink plenty. You will need more when you are active and during hot weather. Plain water and low fat milks are the best drinks for young people. Drink plenty of water. It is free from the tap! A glass of milk makes a useful contribution to your 3 serves of dairy foods you need each day.

Healthy Nibbles

Nutrition and Physical Activity Information for Teenagers

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For more information visit: www.cph.co.nz

Canterbury

District Health Board

Te Poari Hauora o Waitaha