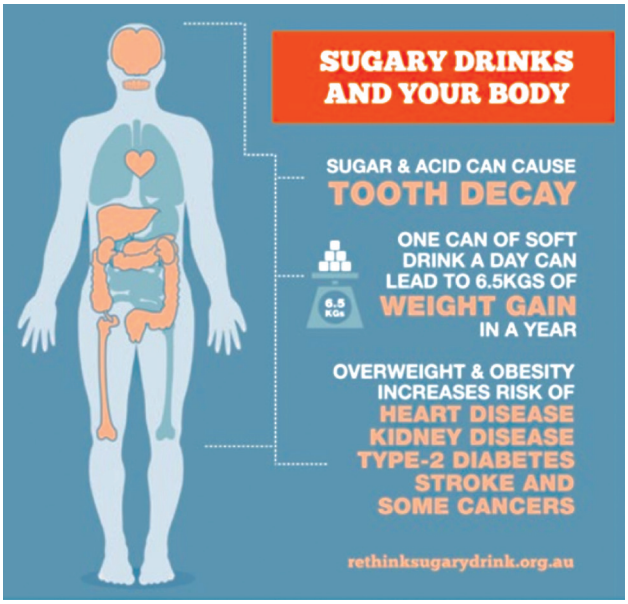
Need a drink? Choose tap water!

Drinking tap water is a great, inexpensive way to stay hydrated and have a healthy smile! Choose tap water over sugary drinks when you're thirsty. Sugary drinks can cause tooth decay, contribute to weight gain and obesity, and increase your risk of type 2 diabetes, 13 types of cancer, heart disease and other health problems.



How much sugar is in sweetened drinks?

Sugary drinks include soft drink, energy drink, sports drink, fruit juice, flavoured tea and flavoured milk. Just one 600ml bottle of soft drink can contain up to 16 teaspoons of sugar!

Source: Rethink Sugary Drink

How to drink more water and less sugary drinks

- When eating out, ask for tap or sparkling water instead of a sugary drink
- Save the money you would usually spend on sugary drinks to put towards something else that you can enjoy
- Take a reusable water bottle with you when you go out to places where tap water isn't available
- Keep a glass of water near you at work or home
- Drink tap water to rehydrate during or after exercise – only elite athletes would benefit from the electrolytes in sports drinks
- Plain milk (or alternatives) and coffee or tea without added sugar are also good options.



Source: Rethink Sugary Drink

The World Health Organization recommends consuming no more than seven teaspoons of added sugar per day (27.5g or 5% of total energy intake) to greatly reduce your risk of tooth decay, obesity and other chronic diseases.

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