

Go easy on the sweet stuff!

TRY THESE GOALS:

1. Drink no more than ½ cup (125ml) of fruit juice a day
2. Aim for no sugary or soft drinks on school days (including diet drinks)

Fruit juice is packed with vitamins, but it also contains a high amount of SUGAR. Did you know that it's much better to eat the WHOLE fruit than just its juice! Sweet and fizzy drinks like soft drinks and cordial are also high in unhealthy sugars. Too much sugar is unhealthy for teeth and can cause TOOTH DECAY. Drinking or eating too much sugar can also make it easy to put on weight.

THINK DRINK CHALLENGE!

Who's ready for a challenge? Lets fight the sweet tooth together! Take the Think Drink Challenge to stay healthy and tooth friendly.

INSTRUCTIONS

Aim to drink as few sweet drinks as possible. Set a goal to reduce the number of sweet drinks you drink each day and try to stick to it on at least 5 days a week. If you reach your goal five times, you win the challenge!

SET YOUR GOAL

Think about how many sweet drinks you have at the moment and create a goal that's right for you. Write your goal down somewhere safe and make sure you have a 'checker', a person who will check your goal each week. With your parent or carer, decide on a reward that you will receive if you reach your goal each week.

PLAN

Make a list of things your parent/carer and others can do to help you drink fewer sweet drinks. Think of all the ways people can help you to reach your goals!

CHECK

Keep track of the number of sweet drinks you have each day. Were you able to reach your goal on at least 5 days a week? Get your checker to sign it and collect your reward! Good job if you reached your goal!

If you didn't reach your goal, that's okay too! Have a chat with your parent/carer and talk about things you can work on so you can achieve your goal next week.

* Use the boxes on the next page to help you with this challenge!



USE THE BOXES BELOW TO HELP YOU WITH THE THINK DRINK CHALLENGE!

NAME
.....

CHALLENGE
My goal this week is to reduce my sweet drink intake to or less per day on at least 5 days a week.

REWARD
.....
.....

CHECKER
.....

M	T	W	T
F	S	S	

Total number of days I stuck to my goal:



ASK THE EXPERTS!

QUESTION:

Is it true that you shouldn't drink more than one fruit juice drink a day? I thought juice was healthy. What's the difference between drinking fruit juice and eating fruit?

ANSWER:

The good news is that fruit juice is packed with lots of vitamins. Half a cup (125ml) can count towards one of your fruit serves a day. But we still need to watch out for sugar! When fruit is juiced or blended, the sugar is released and ready to attack your teeth. Plus, too much fruit juice can mean too much energy, which is difficult to burn off.

It's ok to have up to one fruit juice a day (½ cup) but try to have it with a meal to protect your teeth. You can also dilute it with water (for example: 50% water, 50% juice) to ensure you are not drinking too much. Choose unsweetened fruit juice - check on the label that it's made from '100% fruit juice' and watch out for 'juice drinks', which contain as little as 5% fruit juice and a lot of added sugar.

Eating a piece of fruit is even better for you because the sugar stays within the structure of the fruit and isn't released. Fruit also contains fibre, which helps you keep regular on the loo (if you know what we mean!). It also helps fill you up so that you're not still hungry afterwards. Try to eat a variety of fruit and vegetables to get all the vitamins and fibre you need. Remember though, the Friendliest drink of all is the 'clear stuff', you know what we're talking about...**WATER!**

Here are 4 top tips to help your child reduce their sweet drink consumption. Your support is essential in helping your child stay healthy.

1. SET SMART GOALS AND REWARDS

Help your child set a SMART goal for their sugary and soft drink intake. Agree to a reward and make sure you check it together every week. If your child is finding it hard to stick to their goal, work together to make it more realistic.

2. GET PRACTICAL

Create a friendly environment at home. If it helps, remove sweet drinks from the home – you may choose to just buy them for special occasions. Provide your child with water for school so they do not need to purchase a drink, and make sure cold water is readily available at home. You could get a water filter to put in the fridge and make sure your child always has a water bottle at hand.

3. CHALLENGE YOUR FAMILY

Did you know your kids may opt for sweet drinks just because you do? Be a good role model! Get the whole family involved in being healthy and avoiding sweet and soft drinks. This will help your child stick to their goal and encourage your whole family to be healthier.

4. KNOW THE FACTS

'No added sugar' drinks that contain sweeteners can be Friendly but you should be looking at reducing these kinds of drinks. The fizzy ones are unhealthy for teeth and won't help curb those sweet cravings! 100% fruit juice and smoothies contain lots of vitamins but they're also full of sugar. This is released when the fruit is juiced and is not only harmful to teeth but can contribute to weight gain. If your child has fruit juice or a smoothie as part of their fruit serves, limit it to a maximum of ½ cup of juice or a small low – fat smoothie per day. Remember, a better choice would be to eat fruit instead!

Useful Links

- www.eatforhealth.gov.au
- http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Child_nutrition_juices_and_sweet_drinks
- <http://www.dental.wa.gov.au/info/pamphlets/nutrition/when%20you%20need%20a%20drink.pdf>
- <http://www.rethinksugarydrink.org.au/facts>