

Drink mostly water and plain milk



Limit sweet drinks

If you choose to have sweet drinks, have them with a meal to protect your teeth.



Sports drink
(Sugar = 4 teaspoons)



Water cordial
(Sugar = 4.5 teaspoons)



Fruit juice
(Sugar = 4.5 teaspoons)



Fruit drink
(Sugar = 5 teaspoons)



Flavoured milk
(Sugar = 6 teaspoons)



Blackcurrant cordial
(Sugar = 7 teaspoons)



Soft drinks
(Sugar = 7 teaspoons)



Energy drinks*
(Sugar = 7.5 teaspoons)



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