

Make the SMART choice

Choose water and plain milk



Sugary drinks like fizzy drinks, fruit juice, cordial and sports drinks have no benefit to our bodies and contribute to tooth decay.



1 can of fizzy = 10 teaspoons of sugar
(375 ml)



1 glass of juice = 10 teaspoons of sugar
(350 ml)

Choose tap water, it's free and contains zero sugar.

Water quenches your thirst better than any other drink.

Eat your fruit - don't drink it.

Choose plain milk for strong teeth and bones.

