



## Your Challenge

Have at least 6-8 drinks every day!

### What are healthy drink choices?



#### Water

Hydrates without providing energy (kilojoules/ kilocalories) or risking harm to teeth



Drink plenty!



#### Lower fat milks

Provide calcium for strong bones and teeth



#### Unsweetened fruit juice or smoothies\*

Counts as a maximum of one of your 5 A DAY



#### Unsweetened hot drinks

Can help you stay hydrated



\*Limit fruit juice and/or smoothies to a combined total of 150ml per day

## What will you drink?