

rethink sugary drink

Rethink Sugary Drink at Home Fact Sheet

You wouldn't eat 16 packs of sugar in one hit, so why would you drink them all in one go?

There are about **16 packs of sugar** in a 600ml bottle of regular soft drink.

Consumption of sugar sweetened beverages, which include soft drinks, energy drinks, fruit drinks and sports drinks, adds extra kilojoules to your diet with no nutritional benefit, and can result in tooth decay.

If you don't burn them off, those extra kilojoules can result in weight gain and obesity which are known risk factors for serious health issues including type 2 diabetes, cardiovascular disease and cancer.

Instead of grabbing a sugar sweetened drink, why not try water or reduced fat milk instead?

Stats and facts to make you (re)think



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Sugary drink and tooth decay

Tooth decay is the most common disease in Australia.

Tooth decay occurs when sugar combines with bacteria in the mouth and produces acid. This acid attacks the teeth, together with the acid already contained in the drinks. Diet or 'sugar-free' soft drinks also contain acid that harms the teeth.

Drinking a can of soft drink each day will significantly increase your risk of tooth decay and erosion.

Go sugary drink free

Cancer Council, National Heart Foundation, Diabetes Australia and the Australian Dental Association recommend children and adults reduce their intake of sugar sweetened beverages and drink water or reduced fat milk instead.

This recommendation is supported by the Australian Dietary Guidelines which state that sugary drinks increase the risk of overweight and obesity in children and adults and should be consumed on a limited basis.

Worried you couldn't possibly give up sugary drinks? Here are some suggestions to help you get started.

Tips to help you cut back

- Carry a water bottle and get one for everyone in the family, so you don't have to buy a drink if you're thirsty.
- Before you go out, remind everyone to refill their bottles. If they're thirsty, encourage them to drink some water first.
- Be wary of any health claims on products, like 'contains vitamins' – refer to the amount of sugar on the nutrition panel.
- If you consume sugary alcoholic drinks, see if there are lower sugar options. Even alcohol alone is loaded with kilojoules so cutting back on the booze is also good.
- If you're ordering a fast food meal, rather than go with the default soft drink, ask for water or diet drink instead.
- When it comes to fruit juice, look on the packaging and make sure there is no added sugar and be aware of the possibility of tooth erosion.
- If your child is aged over two, serve them reduced or low fat milk. Limit flavourings like strawberry or chocolate powders and syrups.
- Avoid serving soft drink with meals at home – opt for water instead.
- Give your child a water bottle to take to school so they can refill throughout the day.
- Request your child's school and sports club remove any sugar sweetened drinks from vending machines and the canteen.
- Sports drinks are also full of sugar and acid and are not necessary for children to drink. Water will rehydrate them, is cheaper and better for them overall.
- When other people look after your child, ask them to give your children reduced or low fat milk or water rather than sugar sweetened drinks.

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