

# CHOOSE WATER as a drink

Water is the best drink. It has no added sugar. Fruit juice, soft drink, sports drinks and cordials have a lot of sugar. Kids should not drink these every day.

Tap water is the best choice. Most tap water contains fluoride which helps kids grow strong teeth.

## HOW MUCH WATER SHOULD KIDS DRINK EACH DAY?

1-5 years



6-12 years



+ EXTRA WATER IF YOU ARE ACTIVE



**MAKE HEALTHY NORMAL**

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