

DRINK WELL

TIP CARD FOR PARENTS

Healthy drinks are important for healthy teeth

- ★ *Encourage your child to drink plenty of tap water*.*
- ★ *Plain milk is preferable to flavoured milk.*
- ★ *Avoid acidic and sugary drinks such as soft drinks, sports drinks, cordials and fruit juice.*

**especially if fluoridated*



WaterBOY™

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Drinks that your child should have everyday

- ★ water
- ★ milk (soy-based calcium enriched drinks can be a substitute for dairy)

Milk can be used to make a great afternoon snack - try combining it with fresh fruit in a blender or with a mixer to make a smoothie.

Drinks that your child should only have sometimes

- ★ fruit juice (offer a piece of fresh fruit instead)
- ★ fruit juice drinks
- ★ cordials
- ★ soft drinks
- ★ syrup drinks
- ★ sports drinks



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