

# Drinks

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**Fizzy drinks, juice drinks with added sugar, flavoured water, milkshakes.**



**Swap for plain water, plain milk, no added sugar or sugar free drinks (non-fizzy).**



**Swap to lower fat milks (semi skimmed over 2s, 1% and skimmed over 5s).**

## Top tips

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- Plain water and milk are the best choices for children.
- Try adding chopped fruit (fresh or frozen) to plain water.
- Remember 100% fruit juice and smoothies count once towards your 5 A Day but are high in free sugars so have no more than 150ml each day.
- Have fruit juice or smoothies with meals to reduce impact on dental health.
- Dilute fruit juice by one part juice to ten parts water if giving to children.