



foodwise

Drink Up

FACT Water makes up 60% of your body weight. It is lost through sweat, breathing and removal of wastes. It's important to drink water throughout the day to avoid dehydration. Dehydration can make you feel tired & dizzy and can cause bad breath or constipation. This could affect your physical and mental performance.

How much fluid should I drink each day?

This depends on your age, body size, activity and the temperature outside. If you sweat a lot during exercise or work outside (especially in hot weather), you'll need more fluid to stay hydrated.

Teenagers need around 8 cups (250ml) of fluid per day.



How do drinks rate?

Water

Tap water is the best. It contains fluoride to keep your teeth healthy, it's great for weight management and it's free.

Milk based drinks

Plain milk, flavoured milk, smoothies, milk coffees and hot chocolate all contain calcium for healthy bones and teeth. Choose reduced fat milk and small serve sizes to help manage your weight.



Fruit Juice

Contains a lot of sugar, almost as much as soft drink. Limit to 1 cup per day.



Sugar sweetened drinks

Soft drinks, cordial, iced tea and vitamin waters are high in sugar and energy (kilojoules). Too many sweet drinks can lead to weight gain and tooth decay. Limit to special occasions only.



Sports drinks

Designed for athletes to help maintain hydration, replenish energy stores and replace electrolytes. Sports drinks are high in sugar. Only use sports drinks for vigorous, endurance exercise.



'Energy' drinks

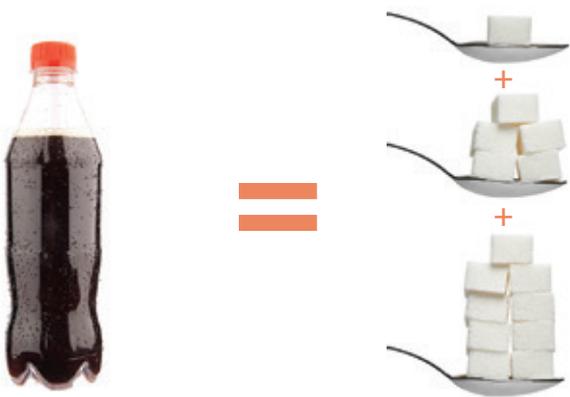
Energy drinks are high in added sugar and caffeine. They can be harmful in large volumes.

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DRINK	SUGAR (TEASPOONS)
Cola 600ml bottle	15
'Energy' drink 500ml	12
Soft drink 375ml can	10
Orange juice (no added sugar) 500ml	10
Sports drink 600ml	8
Iced tea 500ml	8
Vitamin water 500ml	5

Sugary drinks may cause unwanted weight gain.



A word about caffeine

Coffee, tea, cola and 'energy' drinks contain caffeine. Caffeine is a stimulant. It is linked to increased anxiety, heart rate and poor sleep. Caffeinated drinks usually contain 30–120mg caffeine per serve. Check your drink labels and consume caffeinated drinks in moderation.

Alcohol

Consumption of alcohol is illegal under 18 years of age. Research shows that alcohol is harmful to health and wellbeing, especially in people under 15 years of age. Alcohol is a depressant and may cause changes in your mood. It is also high in kilojoules and may lead to unwanted weight gain. Alcohol is not recommended for young people.

Consuming 'Energy' drinks (a stimulant) with alcohol (a depressant) is NOT SAFE.

TIPS

- Drink throughout the day
- Drink tap water to quench thirst
- Choose reduced fat milk or calcium fortified soy drinks
- Invest in a good water bottle, keep it filled with tap water and take it everywhere
- Limit sugary drinks
- Drink fluid before, during and after exercise
- Limit caffeine containing drinks such as coffee and 'energy' drinks or try decaf instead.

Where can I find out more information?

HERE ARE 3 WAYS:

1. **TALK** to your GP
2. **MAKE A FREE APPOINTMENT** with an ACT Health Community Dietitian by phoning **6207 9977**
3. **CHECK OUT** more Foodwise factsheets at www.health.act.gov.au

