

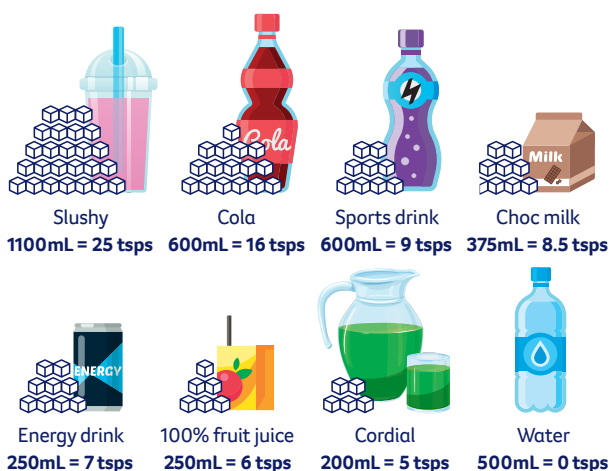
Rethink Sugary Drinks in the home.



Did you know?

A regular 600mL bottle of soft drink contains around 16 teaspoons of sugar!

Regularly consuming soft drinks and other sugary drinks, such as energy drinks, fruit drinks, iced teas and sports drinks can lead to weight gain and obesity, increasing the risk of serious health problems including type 2 diabetes, heart disease, kidney disease, stroke and some types of cancer. All that sugar can also lead to tooth decay.



Go sugary drink free

Cancer Council SA encourages all South Australians to reduce their intake of sugary drinks and choose 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 and your family cut back

- Carry a water bottle for every member of 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.
- Download SA Water's free app to locate drinking water fountains so you can refill on the go.
BYOB: Bring your own bottle
- Be wary of health claims on drinks, like 'contains vitamins' – refer to the amount of sugar on the nutrition information panel.
- Use soda water as a mixer instead of sugary drinks.
- If you're ordering a fast food meal, ask for water instead of the default sugary drink.
- When it comes to fruit juice, opt for small amounts of 100% fruit juice and check the packaging to make sure there is no added sugar. One serve of fruit juice is only 125ml. Be aware of the risk of tooth erosion.
- If your child is aged over two, you can serve them reduced or low-fat milk. Limit adding flavouring powders or syrups to the milk.
- 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 sugary 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 sugary drinks.

For more information

Visit Cancer Council SA's website www.cancersa.org.au/prevention/lifestyle-factors/diet/rethink-sugary-drinks/ to:

- find out how much sugar is in your favourite drink.
- learn more about the health impacts of regular sugary drink consumption.
- calculate how far you'd have to walk to work off your sugary drink intake.

Rethink Sugary Drink is a partnership between leading health organisations across Australia, to raise awareness of the amount of sugar in sugary drinks and encourage Australians to reduce their consumption. Visit www.rethinksugarydrink.org.au for more information.



cancersa.org.au