



## HEALTH MANAGEMENT DIETETICS

### Healthy Drinks

Over half of your body weight is made up of water, so it makes sense that drinking enough fluids is very important to our daily activities.

Not all fluids are as equally good. Some contain high levels of sugar, caffeine, or fat and too much of these can lead to health problems like diabetes. Too many high sugar drinks can also lead to tooth decay.

#### **What to drink**

The best drink to have during the day and when you are feeling thirsty is water. This will fix your thirst, give you energy and make you feel a lot better.

Only have small amounts of other drinks like softdrink, juice, cordial, and flavoured milk. Keep these to 1 glass or 1 can each day, and drink more water if you are still thirsty.

When drinking juice, ask for or choose 100% fruit juice. This means that they don't contain any added sugar, but even 100% fruit juice contains sugar and is not as good as water. Keep to 1 – 2 cups of this per day as well.

#### **How much**

You need to drink about 4 - 8 glasses of water per day, depending on how big you are and your age. For an adult this is about 2 litres every day. For kids, between 1 litre and 2 litres is good, but make sure you are not thirsty. If you are playing sport or running around and particularly in summer when it is hot you will need to drink a lot more.

A good test to see if you are drinking enough water is to check your 'wee' when you go to the toilet and it should be a pale yellow colour. If it is dark yellow, you need to drink more water.

#### **Health Management Dietetics**

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### Tips to drink more water.

- Drink water all day.
- Drink with breakfast, when you wake up.
- Drink at your breaks at school (or in class if your teacher lets you) and when you get home.
- Carry a water bottle with you over the day
- Don't forget to take your water bottle to school and when you are playing sport.
- If you only like cold water, freeze the bottle, so you can top up during the day and have cold water.

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