

To Parents

# Choose Smart, Drink Smart



The Department of Health recommends that students aged 6 to 11 drink at least **6 to 8 glasses** of fluid every day.

**Water is the best choice!**

(Note: 1 glass ~ 240ml)

**Drinking a sufficient amount of fluid every day helps:**

- ✓ Rehydrate the body
- ✓ Regulate the body temperature
- ✓ Transport nutrients and oxygen
- ✓ Remove waste from the body

**Cultivate a good habit of drinking plenty of water in your children**



Make sure that water is readily available at home, and encourage your children to drink water regularly



Drink only water outside of mealtimes and snack times



Bring a bottle of water to drink anywhere at any time when going out



Replace sugary or unhealthy drinks with water



Act as a role model

## Choose healthy drinks wisely

**The best choice!**



**Choose**



Water



Clear soup



Low-fat or skimmed milk



Low-sugar or unsweetened calcium-fortified soy milk



Lemon water without added sugar



Home-made thirst-quencher without added sugar, e.g. apple and pear drink; sugar cane, rhizoma imperatae and water chestnut drink



**Avoid**

### Drinks high in sugar\*

e.g. soft drinks, fruit juice or fruit-flavoured drinks with added sugar, probiotic drinks, tetra-packed drinks (e.g. lemon tea, chrysanthemum tea), sports drinks



### Drinks with sweeteners (sugar substitutes)\*\*

e.g. sugar-free and low-sugar soft drinks, diet drinks, low sugar probiotic drinks



### Drinks with caffeine\*\*\*

e.g. lemon tea, tea, coffee, milk tea, energy drinks, some sports drinks



\* Containing more than 7.5 g sugar per 100 ml

\*\* Sweeteners (sugar substitutes): May cause students to develop a sweet tooth due to their high sweetness potency

\*\*\*Caffeine: Excessive intake will stimulate the brain and result in conditions such as a rapid heart rate, hand tremors and disturbed sleep in students.



Looking for more healthy drinks? Use the "Healthy Snack Checker" now!



"EatSmart@school.hk" Campaign



Choose Smart, Drink Smart - To Parents (Video)



Database of Prepackaged Snacks



健康飲食在校園 EatSmart@school.hk



衛生防護中心 Centre for Health Protection



衛生署 Department of Health