



Healthy Drinks

At School

In order to help students develop healthy eating habits and reduce their consumption of sugary and unhealthy drinks, the school should:



Provide drinking water on campus to reduce the chance of students purchasing sugary or unhealthy drinks



Work closely with snack suppliers and parents to create an ideal environment conducive to healthy eating at school

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)



Provide only the drinks under

“Snacks of Choice” and **“Snacks to Choose in Moderation”** at school

Quality

Quantity

“Snacks of Choice”



Low-fat or skimmed dairy products without added sugar; low-sugar and low-fat drinks

Examples: low-fat milk, skimmed milk, low-sugar calcium-fortified soy milk, unsweetened soy milk



“Snacks to Choose in Moderation”



(Students are recommended to consume no more than twice in a week of five school days)

Full-fat or sugar-sweetened dairy products; pure fruit juice

Examples: whole milk, chocolate milk, pure orange juice



“Snacks to Choose Less”



(Selling at school is strongly discouraged)

Drinks high in sugar* or containing sweeteners (sugar substitutes) or caffeine

Examples: soft drinks, fruit juice or fruit-flavoured drinks with added sugar, probiotic drinks, tetra-packed drinks (e.g. lemon tea, chrysanthemum tea), low-sugar or sugar-free soft drinks, diet drinks, tea, coffee, milk tea, energy drinks, some sports drinks

*Containing more than 7.5 g sugar per 100 ml



It is recommended to limit the serving size of drinks (except water) to no more than 250 ml

More healthy drinks information



Healthy Snack Checker



Database of Prepackaged Snacks



Nutritional Guidelines on Snacks for Students



“EatSmart@school.hk” Campaign



Healthy Drinks - At School (Video)



Less Sugar for Better Health



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