



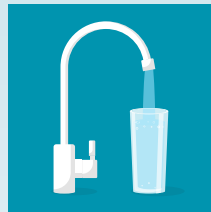
Drink tap water

What do you drink most days and how much?

Family member	Main drink	How much do you drink each day? (not just water)

1. Australian water from the tap is:

- *safe to drink*
- *free*
- *good for your teeth, skin and kidneys.*



Water should be your main drink.

2. This is how much you need to drink each day:



Children up to eight years



Children and young people over eight years



Women



Men



... and more if it is hot, you are exercising, working hard or breastfeeding.

3. Ways to drink tap water:



Cold from fridge or with ice

Room temperature from the tap

Lukewarm

Hot

Boil or let it sit overnight.



Boiled and cooled water

Water in jug overnight

Add flavour.

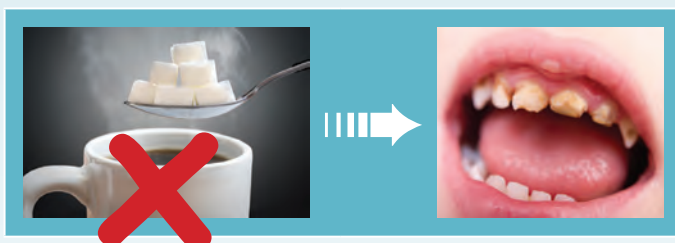


Hot and cold tea, coffee, herbal teas and spiced drinks

Add mint and cucumber

Add slices of fruit

4. Lots of sugar in drinks is bad for your teeth.



Remember:



Queensland
Government

Healthy New Communities
Metro South Health

Created in partnership with the Culturally & Linguistically Diverse NEMO Group