

Drinks that are bad for you

... for your teeth



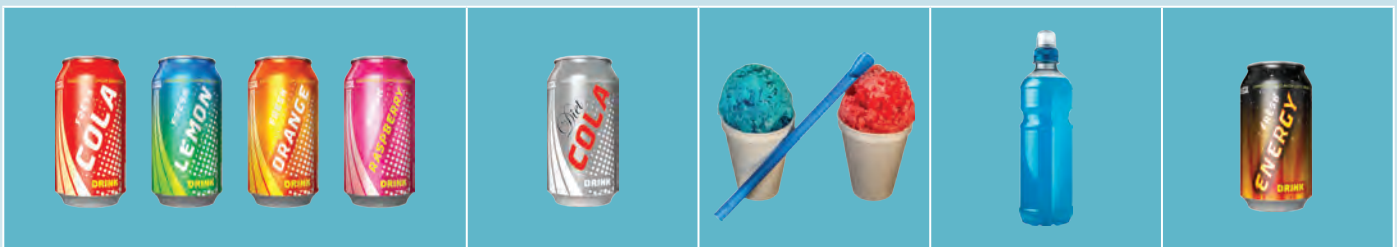
... for your weight



... when you are sick



Avoid these drinks OR have them only sometimes and in small amounts



Soft drinks

Diet drinks

Slurpies

Sports drinks

Energy drinks



Fruit drinks

Flavoured mineral waters

Cordial

Powdered fruit drink

Bubble teas

Alcoholic drinks

Don't add sugar, honey or condensed milk to drinks you make at home (or use just a small amount)



Sugar

Honey

Condensed milk

Other drinks

Milk, soy milk, nut milks and yoghurt drinks help to grow teeth and bones and keep them strong



Low fat milks are best for adults and children over two years old

Flavoured milks are generally high in sugar and can increase your body's weight



Fruit juice

Eating fruit is better for your health than drinking fruit juice



Traditional drinks: