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)
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: