

Healthier Choices

In line with the Queensland Health initiative to provide and promote healthier choices, Metro South Health has made some changes to the drinks we sell in our hospitals and health centres.

To choose healthier drinks, look for the coloured labels and go green for wellbeing!

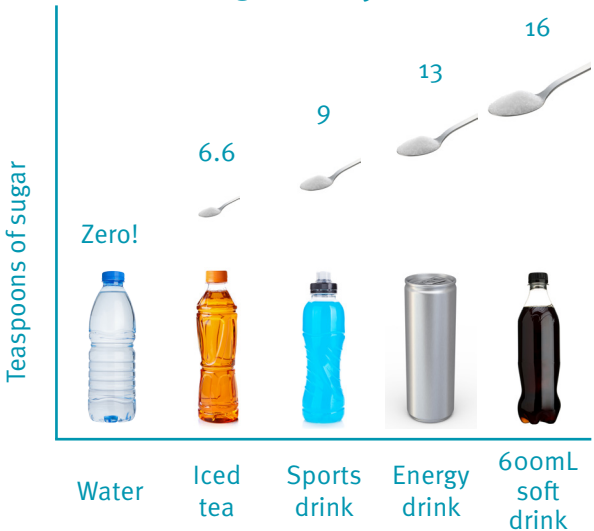


Green: These choices are great for you so have plenty every day.



Amber: OK choices but have them only sometimes and in small amounts.

How much sugar is in your drink?



Source: rethinksugarydrink.org.au/how-much-sugar

High sugar drinks will no longer be available in our vending machines, cafés, staff canteens and retail outlets. However, there will still be a wide range of drinks available including water, fruit juices, kombucha, drinks with artificial sweeteners, coffees and teas—all from quality brands you know and trust.

The changes to drinks are happening in public hospitals and health facilities right across Queensland. We know these changes will take some time to adjust to but enjoying better health and wellbeing is all about making small, but important, changes.

At Metro South Health we care about helping you make healthier choices through the products we make available for purchase and how we promote them. Using the traffic light system, we've labelled the drinks for sale using green and amber stickers—look out for them when you're browsing the fridges and vending machines. We're encouraging everyone to 'go green for wellbeing' and choose the healthiest food and drinks every day.

Your feedback is important to us!

To give us your feedback, or to find out more about the healthier changes happening across Metro South Health, visit: metrosouth.health.qld.gov.au/healthier-choices

Did you know:

- sugary drinks, or sugar sweetened drinks, include drinks with added sugar such as soft drinks, energy drinks, fruit drinks, iced teas, sports drinks and cordial
- these drinks have little nutritional value and have high levels of sugar
- regularly drinking unhealthy drinks can increase the risk of obesity and tooth decay
- obesity is a leading risk factor for type 2 diabetes, heart disease and some cancers
- your body prefers water over any other drink, so make water your drink of choice!

Source: rethinksugarydrink.org.au/how-much-sugar