

- Water has **no sugar** or **kilojoules**
- Tap water is much **cheaper** than any other drink
- Drinking water helps you maintain a **healthy weight**



- Drinking water keeps you **hydrated**
- Drinking water may help **prevent headaches, fatigue and irritability**
- Drinking water may **help with digestion and prevent constipation**



DRINK LOTS OF CLEAN, SAFE WATER



TIPS TO DRINK MORE WATER



Choose a glass of water rather than having a sugary drink.

Keep a reusable water bottle with you and make sure to refill it regularly.

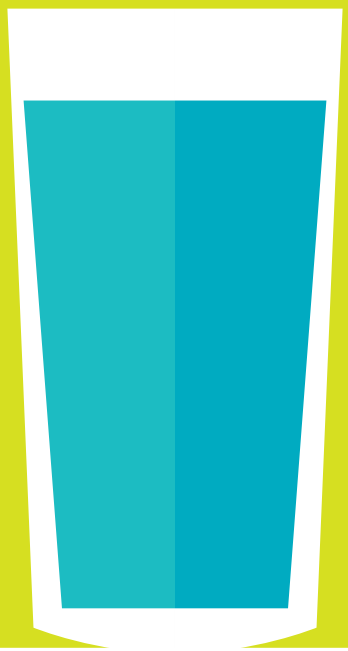
Take a bottle of clean, safe water to school.

Put the number of water bottles you would like to drink the next day in the refrigerator.

Try setting reminders using your cellphone or notes at your desk to drink water regularly.

Start your day with a glass of water.

Make it a habit to drink water with meals.



Increase your daily water intake when the weather is hot.

Drink one to two glasses of water 30 minutes before exercising and sip water for a few hours afterwards.

Add fresh slices of lemon, cucumber or lime, mint leaves or pieces of fresh fruit or berries to your water or unsweetened rooibos or herbal teas. Prepare flavoured water in advance and refrigerate and /or add ice.

If you do not have access to safe water, purify water by boiling it for three minutes or by adding one teaspoon of bleach to 25 litres of water and leaving it to stand for two hours

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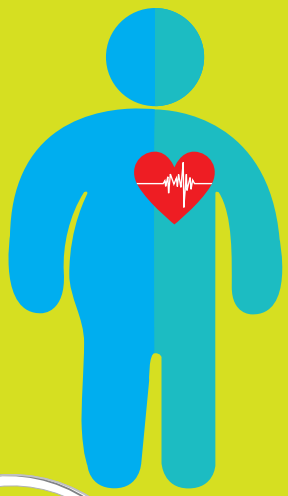
TAKE CARE – DRINKING SUGARY DRINKS CAN AFFECT YOUR HEALTH

Drinking just one sugary drink a day increases the likelihood of being **overweight** for adults by 27% and for children by 55%

Drinking one or two sugary drinks a day increases your risk of developing **diabetes** by at least 24%.

People who consume one sugary drink a day are 29% more likely to die from a **heart attack**

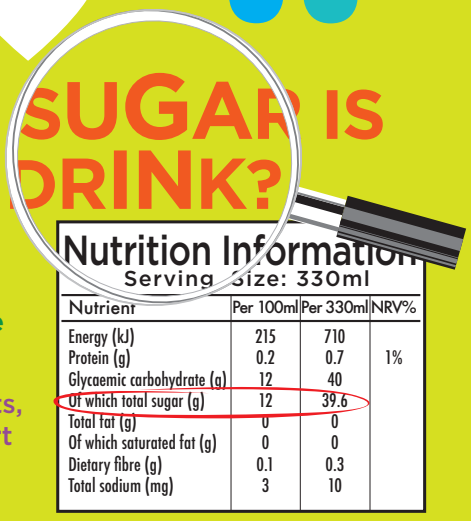


Drinking sugary drinks daily for just two weeks **increases blood fat** levels by 20%

After six months, daily consumption of sugary drinks doubles the fat deposited in the liver and contributes to diabetes

Children who frequently consume sugary drinks are at high risk for **tooth decay**

HOW MUCH SUGAR IS IN YOUR DRINK?



Nutrition Information
Serving Size: 330ml

Nutrient	Per 100ml	Per 330ml	NRV%
Energy (kJ)	215	710	
Protein (g)	0.2	0.7	1%
Glycaemic carbohydrate (g)	12	40	
Of which total sugar (g)	12	39.6	
Total fat (g)	0	0	
Of which saturated fat (g)	0	0	
Dietary fibre (g)	0.1	0.3	
Total sodium (mg)	3	10	

The ingredients are listed by quantity, from the highest to the lowest amount

Check the firsts three ingredients, because they are the largest part of what you are drinking

Sugar comes in different forms and has many different names for example: sugar, brown sugar, corn sweetener, corn syrup, dextrose, fruit juice concentrates, grape/ apple/pear juice, sucrose, glucose, honey, invert sugar, high-fructose corn syrup, molasses, syrup or cane sugar

READ THE LABEL

Find the words **"total sugar"** on the nutrition information panel and see how much sugar it contains (per 100ml and per serving size)

To calculate the number of teaspoons of sugar, divide the number of grams of total sugar by four. For example, the 330ml sugary drink on the left has 39,6 gramsof sugar. Divide 39.6 by 4

That equals about 10 teaspoons of sugar.

How many teaspoons of sugar are in 500ml of sugary drink?

(Two average sized cups/glasses). Amount between brands may differ.



- **Sugary Fizzy Drink** — 15
- **Energy Drink** — 14
- **Fruit Juice** — 13
- **Sweetened Milk** or yoghurt based drink — 10
- **Sweetened Iced Tea** — 9
- **Sports Drink** — 7
- **Sweetened Flavoured Drink** e.g. flavoured water — 6
- **Tap Water** — ZERO

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