



# Drinks

The low down

# Know your limit

The numbers on the right should be in everyone's memory when you are thinking about having a healthy daily diet. This applies not only to what you drink but what you eat too. If you regularly go over this guideline then you are putting your health in serious danger.







# SPORTS DRINKS

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- Sports drinks can be useful when you're doing high-level endurance sports and need an energy boost.
- But they're no different from any other sugary soft drinks, which means they're high in calories and contribute to tooth decay.
- Unless you're taking part in high-level endurance sports, water is the healthier choice and the best way to replace fluids lost through exercise.



# ENERGY DRINKS

- **Energy drinks and caffeine**
- Energy drinks often contain high levels of caffeine and are often high in sugar (calories). They may also contain other stimulants, and sometimes vitamins and minerals or herbal substances.
- The caffeine levels in these drinks vary, but there's often around 80mg of caffeine in a small 250ml can. This is the same as 2 cans of cola or a small mug of coffee.







# HIGH SUGAR DRINKS

- **Water, drinks and your health**
- **It's easy to overlook, but choosing healthier drinks is a key part of getting a balanced diet.**
- Many soft drinks – including instant powdered drinks and hot chocolate – are high in sugar.
- Food and drinks that are high in sugar are often high in [calories](#), and having too many calories can make you more likely to gain weight.
- Some energy drinks are high in both sugar and caffeine. Checking the nutrition labels on soft drinks such as fruit juices and fizzy drinks can help you make healthier choices.

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# Time to change the tune

- <https://youtu.be/3F1U95v0JPs>
- In the 1960s there was a classic coke ad that made the drink an iconic brand all over the world. Medical professionals have now taken this tune to tell a different story, not just about Coca Cola but all other soft drink companies too.





# TOOTH DECAY

- <https://youtu.be/ssZi4MoTOzg>

- So why is it important to look after your smile and teeth? How easily could you lose them by drinking the wrong things?





Remember  
these?

Use them for  
the next few  
slides

## Daily Added Sugar Limit

**MEN**



**9 teaspoons  
36 grams  
150 calories**

**WOMEN**



**No more than:**

**6 teaspoons  
25 grams  
100 calories**

## WHAT ARE YOU DRINKING?

- On the right is a popular brand of energy drink that we can use as an example of how one drink can affect our health
- Drinks like this are not good for us because of the high caffeine and sugar content
  - It's not just this type of drink that we need to cut out but others too.



### Number of Espresso



### Teaspoons of sugar



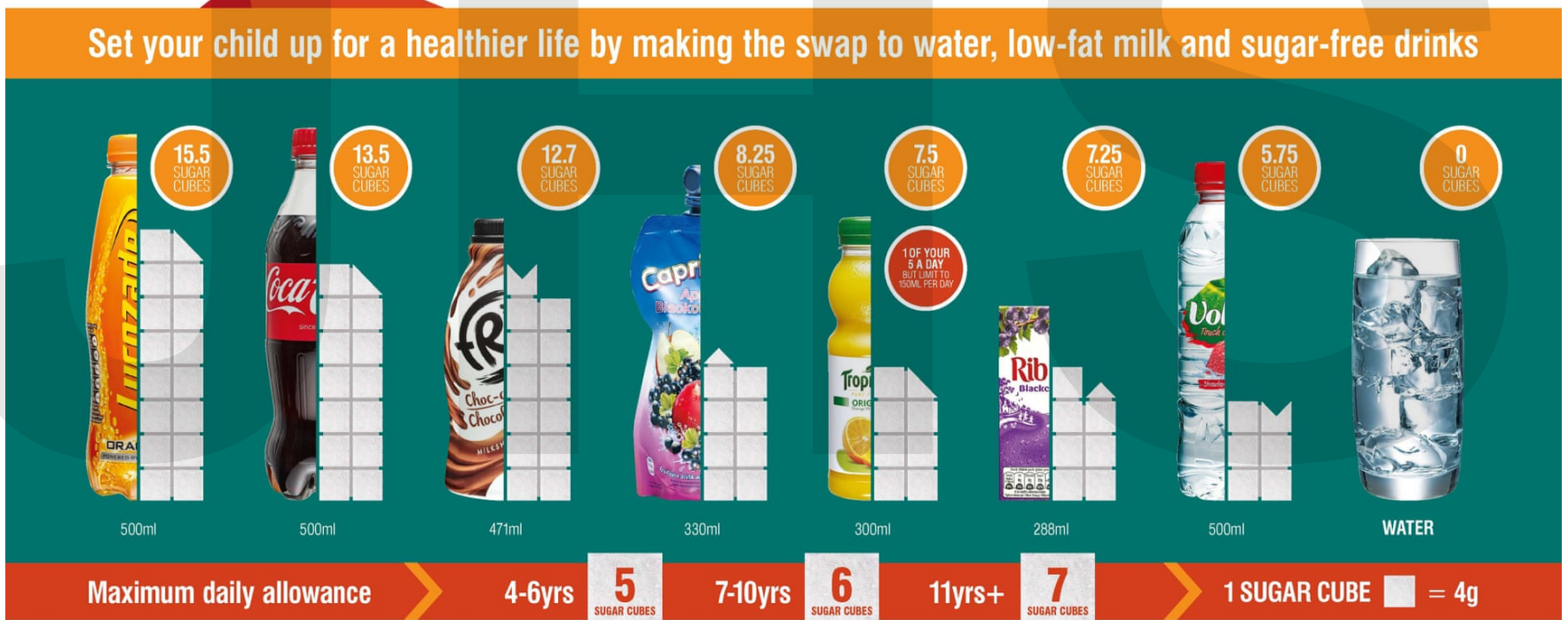




# IS YOUR CHILD'S SWEET TOOTH HARMING THEIR HEALTH?

SUGARY DRINKS CAN CAUSE TOOTH DECAY, OBESITY AND EVEN TYPE 2 DIABETES, HEART DISEASE AND SOME CANCERS IN THE FUTURE

Which of these do you drink?



# Have you got a diet like this?

Maximum Daily Allowance

4-6yrs

5  
Sugar Cubes

7-10yrs

6  
Sugar Cubes

11yrs+

7  
Sugar Cubes

1 Sugar Cube = 4g



40g Serving\*  
**3.7**  
Sugar Cubes

+



500ml Bottle  
**13.7**  
Sugar Cubes

+



**4.5†**  
Sugar Cubes

=

**21.9**  
Sugar Cubes



\*40g Serving = small bowl † Source: PHE, 'Sugar Reduction: achieving the 20%' report - March 2017



# Water and 3 other habits to improve your health

