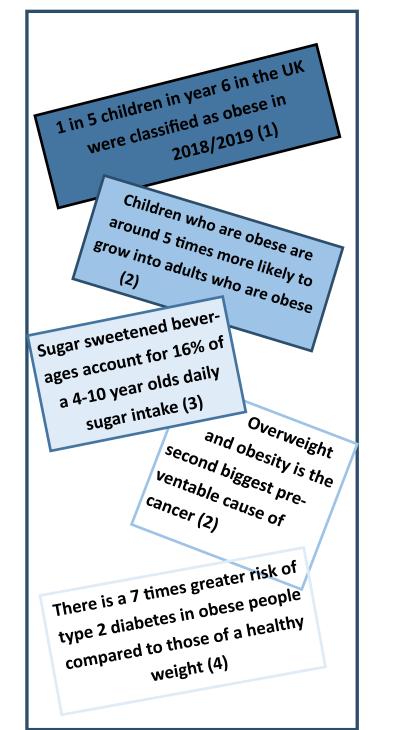


Nutrition Fair Stall
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# Top tips for behaviour change

Offer your child the choice between
 options, both of which are acceptable to you . For example, Milk or water
 (8).

**2.** Be a good role model and limit your sugar sweetened beverage consumption (9).



**3.** Don't purchase sugar sweetened beverages to consume at home For example, don't keep cans of coca cola in the fridge.

## Ideas to increase water consumption

- 1. Add berries or citrus fruits to plain water.
  - 2. Carry a re-useable water bottle.
    - 3. Try sparkling water.
  - 4. Keep chilled water in the fridge.
- 5. D.I.Y. 'fizzy' drink—75ml orange juice,75ml apple juice and 100ml sparkling water.

#### **FAQ**

#### Q. What about diet drinks?

A. Some research shows link to negative health effects however more research is essential and due to these uncertainties, we recommend avoiding consumption of these drinks (10, 11, 12, 13).

#### Q. Why are fruit juices limited to 150ml?

A. Fruit juices contain naturally occurring sugars but high levels of essential vitamins and mineral, this is why consumption is limited (5).

- Q. Why is cows milk a preferred alternative to sugary beverages?
- A. Cows milk contains naturally occurring sugar, lactose, this sugar is not a free sugar and therefore not included in the 5% free sugar recommendations (5)

### **Further resources**

Change for life—https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids

Sugar smart—https://www.sugarsmartuk.org/about/

Sugarwise—https://sugarwise.org/our-campaigns/

GULP—http://www.giveuplovingpop.org.uk/

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