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1 in 5 children in year 6 in the UK were classified as obese in 2018/2019 (1)

Children who are obese are around 5 times more likely to grow into adults who are obese (2)

Sugar sweetened beverages account for 16% of a 4-10 year olds daily sugar intake (3)

Overweight and obesity is the second biggest preventable cause of cancer (2)

There is a 7 times greater risk of type 2 diabetes in obese people compared to those of a healthy weight (4)

Consider swapping to healthier alternatives, E.g. Milk, Water or fresh juice

Limit orange juice intake to 150ml/day because of free sugar content (5)



Water contains no sugar or calories, and is a cheap alternative to sugar sweetened beverages



Milk contains a variety of essential vitamins and minerals E.g. Calcium, Potassium and B12 (7)



## Top tips for behaviour change

1. Offer your child the choice between 2 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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