# Other drinks

## Milk

Milk is from the dairy food group. It's a great source of calcium, which is important for strong bones and teeth. For anyone 2 years old and above, reduced fat plain milk is recommended.

If choosing a plant-based milk alternative, like soy, almond or oat milk, make sure it has added calcium (at least 100 mg of calcium per 100 ml). You can check the nutrition information panel to find this information.

## Juice

Fruit juice and smoothies can be a great source of energy. But whole pieces of fruit provide more fibre, making us feel fuller for longer.

When having fruit juice, aim for no more than ½ a cup of 100% fruit juice with no added sugar a day. Or make homemade smoothies and bulk it up with other foods like oats, seeds, milk and leafy greens to make it even more nutritious!

## Sugary drinks

Soft drinks, cordials and flavoured milks have sugar added to them when they are made. Having these drinks often and in large amounts may cause dental problems and lead to other health issues, like diabetes. You don't need to avoid these drinks completely, but aim to have water instead most often.

## Diet or 'sugar free' drinks.

These often have artificial sweeteners in them. Unlike sugar, artificial sweeteners don't have any energy but still taste sweet. The research about the effect artificial sweeteners can have on our health is not clear. We do know the acidity in these drinks may still cause dental problems.

You don't have to avoid them completely, but aim to have water instead most often.

### Tea and coffee

Tea and coffee both contain caffeine which keeps us awake! Some sports drinks and energy drinks do too. **These drinks are not suitable for children**. When we have them often and in large amounts, they can cause headaches, and affect our sleep.

Some studies have suggested that **adults** can have 400 mg of caffeine per day, which equals approximately:

- Up to four espresso shots (or four coffee pods), **or**
- Up to five cups of instant coffee, **or**
- Up to seven cups of tea a day


If you choose to drink tea or coffee, try to avoid adding sugar, syrups or sweeteners.

### Alcohol

The World Health Organisation recommends no level of alcohol consumption is safe for our health. For adults who choose to drink alcohol, limit your intake. To reduce the risk of harm from alcohol-related disease or injury, healthy men and women should drink no more than 10 standard drinks a week and no more than 4 standard drinks on any one day. The less you drink, the lower your risk of harm from alcohol. **Alcohol is not safe for those under 18 years or pregnant.**

One standard drink of alcohol equals:

| 100ml wine (11.5%) | 285ml full strength beer (4.8%) | 375ml mid strength beer (3.5%) | 425ml low strength beer (2.7%) | 60ml port or sherry (18%) | 30ml spirits (40%) |
|---|---|---|---|---|---|

These portions are small, a single drink purchased or poured at home may be more than one standard drink.

# Drinks calculator

**You can do this activity for yourself or another family member.**

For each question, select what and how much you drink over a typical day. Work through each question, then you'll have a tally of the drinks you consume over a typical day at the end.

**Q1. How much water do you drink each day?**

Standard cup (250ml) = 1 cup

750ml drink bottle = 3 cups

| 0 cups | 1/2 cup | 1 cup | 2 cups | 3 cups | 4 cups | 5 cups | 6+ cups |
|---|---|---|---|---|---|---|---|

**Q2. How much plain (unflavoured) milk do you drink each day?** (Not including the milk you may put in your tea or coffee)

Standard drinking glass = 1 cup

| 0 cups | 1/2 cup | 1 cup | 2 cups | 3 cups | 4 cups | 5 cups | 6+ cups |
|---|---|---|---|---|---|---|---|

**Q3. How many cups of juice and/or smoothies do you drink each day?**

Half a standard glass = 1/2 cup

Juice box = 1 cup

Full standard glass = 1 cup

| 0 cups | 1/2 cup | 1 cup | 2 cups | 3 cups | 4 cups | 5 cups | 6+ cups |
|---|---|---|---|---|---|---|---|

**Q4. How many cups of sugar drinks do you drink each day?** (Not including any 'diet' or sugar free drinks)

Standard glass = 1 cup
375ml can = about 1 ½ cups
600ml bottle = about 2 ½ cups

Full Standard glass = 1 cup

750ml bottle = 3 cups

| 0 cups | 1/2 cup | 1 cup | 2 cups | 3 cups | 4 cups | 5 cups | 6+ cups |
|---|---|---|---|---|---|---|---|

**Q5. How many cups of diet or 'sugar free' drinks do you drink each day?**


375ml can = about 1 ½ cups

600ml bottle = about 2 ½ cups

Standard glass = 1 cup

| 0 cups | 1/2 cup | 1 cup | 2 cups | 3 cups | 4 cups | 5 cups | 6+ cups |
|---|---|---|---|---|---|---|---|

**Q6. How many cups of caffeine drinks do you drink each day?**

Small = about 1 cups
Medium = about 1 ½ cups
Large = about 2 cups

250ml mug = 1 cup


250ml can = 1 cup

| 0 cups | 1/2 cup | 1 cup | 2 cups | 3 cups | 4 cups | 5 cups | 6+ cups |
|---|---|---|---|---|---|---|---|

**Are you drinking enough water?**

Remember, water should be your main drink of choice. If you're having lots of other types of drinks, think about how you can swap these for water. Try to stick to drinking water between meals and snacks too. This can help you regulate your appetite.