



# HEALTHY HYDRATION

for children aged 4-13

## Water

Water is a good choice throughout the day because it hydrates without providing extra calories (kilojoules) or risking harm to teeth.

Drink plenty



## Milk

provides water and is a useful source of nutrients, especially protein, B vitamins and calcium. Most children should drink semi-skimmed milk. Milky drinks containing added sugar such as milkshakes, hot chocolate and malted drinks should only be drunk occasionally.

Have regularly



## Fruit juices

provide water and some vitamins and minerals. One serving of 100% fruit juice counts towards a maximum of one portion of a child's 5-A-DAY. Fruit juices contain sugar and can be acidic, so to reduce the risk of harming teeth, it is better to dilute fruit juice with water and to drink fruit juice at meal times.

Have in moderation



## Smoothies

provide water and some vitamins and minerals. One serving of smoothie can count as a maximum of two of a child's 5-A-DAY (if they contain 150ml of fruit juice and 80g crushed or pulped fruit). Smoothies contain sugar and can be acidic, so to reduce the risk of harming teeth, it is better to drink smoothies at meal times.

Can have once a day



## Low calorie soft drinks

provide water without extra calories (kilojoules), but can be acidic, so having these too often may risk harm to teeth. Be aware that some may contain caffeine.

Just occasionally



## Soft drinks containing sugar

provide water, but also calories (kilojoules) without any extra nutrients. They can also be acidic, so having these too often may risk harm to teeth. Be aware that some may contain caffeine.

Just occasionally (and in small amounts)



## Tea and coffee

Caffeine is a stimulant naturally present in coffee and in smaller amounts in tea. Small amounts of caffeine are harmless but high intakes should be avoided, especially for young children. It is best for children to drink decaffeinated tea and coffee with semi-skimmed milk and no added sugar.

Just occasionally (and in small amounts if caffeinated)



**This guide is intended to help parents, teachers and carers choose a balance of drinks for children aged 4-13 years.**

The amount of fluid a child needs depends on many factors including their age and gender, the weather and how much physical activity they do, but generally they should aim to drink about 6-8 glasses of fluid per day (on top of the water provided by food in their diet).

Younger children need relatively smaller servings (e.g. 150 ml) and older children need larger servings (e.g. 250-300 ml).