



# “Healthy” Drinks

Dear Parents,

It's me, EatSmart Doggie again! Do you still remember how many cups of water a child needs a day? Yes! An average of four to five glasses of fluids is recommended per day, we would need even more after exercising, or in hot or dry weather!

So what fluids are best for children? Water is the best choice! It has zero energy, and will not lead to obesity. However, parents always complain that their children dislike water and prefer having sugary or tasty drinks. In fact, besides water, low-fat milk, low-sugar soya milk and clear soups are also healthy fluid choices. Furthermore, a lot of fresh vegetables (including gourds) and fruit are rich in water, which provides extra fluids for the body. So ask your children to eat them often!

Many parents think that a lot of drinks in the market are healthy choices. The truth is that some of these drinks often contain sugars, sweeteners and even artificial colourings to appeal to children's palate; frequent consumption will cause sugar addiction and is harmful to children's health in the long run. Find out more about the following drinks and make smart choices for your children:

- coffee and milk-tea: contain caffeine, which may cause insomnia and shaky hands on children;
- lemon tea: sweet, sour and high in sugar; frequent consumption may lead to sweet tooth which is not good for children's health;
- probiotic drinks: high in sugar which may lead to sweet tooth and increase the risk of obesity;
- chocolate milk: a dairy product but high in fat and sugar; not recommended for frequent consumption;
- milkshake: mixture of milk and ice-cream which is high in sugar and fat;
- instant malt drinks: contain added sugar and not recommended for frequent consumption;
- fresh fruit juices: made from real fruit but low in dietary fibre compared to whole fruit; their sugar content is similar to soft drinks;
- fruit-flavoured drinks: mixture of syrup and fruit juices with little dietary fibre but high in sugar; frequent consumption is not recommended.

Both a balanced diet and regular physical activity form the foundation of health. Apart from that, drinking adequate amount of water is important. Starting from today, give your children water regularly to help them form the habit of drinking water.



Best Regards,  
EatSmart Doggie



Kids,  
please circle  
the three cups of  
water even in a  
straight line.


