

Healthy Drinks Fun Facts

Dear Parents,

Hello! Young children aged 2 to 5 should drink at least 4 to 5 glasses (1 glass ≈ 240 ml) of fluids every day for fluid replenishment. Water is the best choice. Besides water, other healthy drinks include low-fat or skimmed milk (original flavour), calcium-fortified, low-sugar soymilk and unsweetened lemon water. Parents can also use ingredients with natural sweetness to prepare **drinks with less sugar**, such as cogon grass and sugar cane drink with carrots and Chinese water chestnuts, apple and pear soup. Relevant recipes have been uploaded to 'Examples of Healthy Drinks' of the 'StartSmart@school.hk' Campaign website.



Before getting drinks for young children, parents can make reference to the frequently asked questions below :

1. Is freshly squeezed juice or prepackaged pure fruit juice a healthy drink?

Although these drinks do not contain added sugar, it usually takes a few pieces of fruit to make 1 glass of pure fruit juice. Therefore, pure fruit juice contains more sugar and energy. Juicing also results in the loss of some vitamins, minerals and dietary fibre in fruit. Therefore, eating a whole fruit is healthier than drinking pure fruit juice. If parents would like to provide pure fruit juice to young children, it is recommended **not to serve** pure fruit juice for **more than twice a week with no more than 180ml each time**.



2. Is homemade soymilk a healthy drink?

Homemade soymilk without added sugar or added with small amount of sugar is a healthy drink. However, please note that the calcium content of homemade soymilk is low, which is not a suitable substitute for milk. Low-fat or skimmed milk (original flavour) and calcium-fortified, low-sugar soymilk are better options for supplementing calcium.



3. Is it suitable for young children to drink unsweetened green tea?

Green tea contains **caffeine**. It is relatively slower for young children to metabolise caffeine. Excessive intake of caffeine may lead to anxiety, palpitations and insomnia in young children. Therefore, green tea, even unsweetened, is not suitable for the consumption of young children. In fact, young children should **avoid** drinking tea beverages.



4. Is it suitable for young children to drink low-sugar drinks?

Parents are suggested to read the 'ingredient' information and nutrition label to choose drinks that contain less than 5 g of sugar per 100 ml or without added **artificial sweeteners**. The sweetness of artificial sweeteners is higher than sugar in general. Although the amount of artificial sweeteners used is relatively less, young children may still develop a sweet tooth. Therefore, young children should **avoid** consuming drinks with artificial sweeteners.



Let's serve as a good role model for young children and choose healthier drinks!

Best regards,
EatSmart Doggie



StartSmart@school.hk
Campaign website



A Letter to Parents



'Drink More Water
for Better Health'
(Infographic)



Activity Worksheets
on Healthy Drinks



Examples of Healthy
Drinks

Matching Game

Let's prepare healthy drinks!



Dear children, do you know what the ingredients of these healthy drinks are?
Please draw lines to match them!



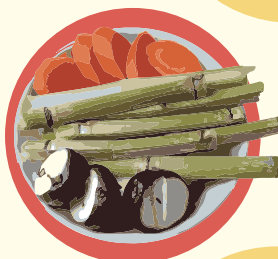
Lemon
water

Apple and
pear soup

Chrysanthemum
drink with
wolfberries

Cogon grass and
sugar cane drink
with carrots and
Chinese water
chestnuts

Coixseed soup with
dried longans, lily
bulbs and lotus
seeds



Have you answered
correctly? Let's scan
the QR code to find
out the answers now!



Examples of Healthy
Drinks

Answers:

