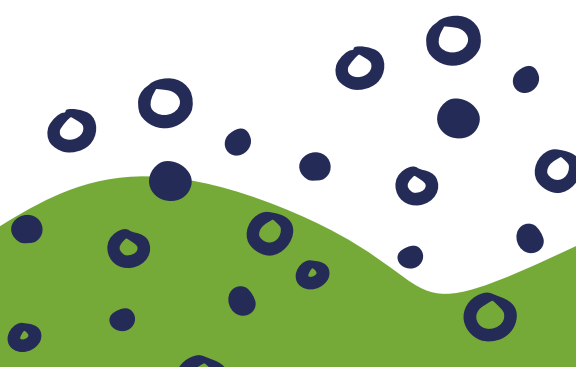
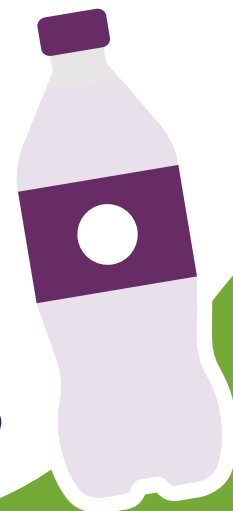




 **Cut out**
fizzy drinks
this Feb


- 1** They have a lot of sugar, which can cause cavities
- 2** Some have caffeine, which can affect your sleep
- 3** They can upset your tummy
- 4** Some have weird ingredients, i.e. artificial colours and flavours

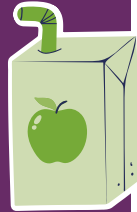


Top tips to cut down on fizzy drinks



Try these alternatives:

- Small glass of fruit juice
- Small glass of milk
- Water



Remember:

- Ask mum or dad to use the [NHS Food Scanner](#) app to check sugar in your drinks



The wonders of water

- It helps you grow
- Keeps you strong
- It makes your body happy!

Drink more water by:

- Trying to have 6-8 glasses a day
- Always having a water bottle on you
- Using a water tracking app



Did you know how many sugar cubes these drinks have in them?

Coca-Cola 500ml	1 2 3 4 5 6 7 8 9 10 11 12 13
Sprite 330ml	1 2 3 4 5 6 7 8 9 10
7UP 330ml	1 2 3 4 5 6 7 8 9 10
Red Bull 330ml	1 2 3 4 5 6 7 8 9
Fanta 500ml	1 2 3 4 5 6
Lucozade 500ml	1 2 3 4 5 6

Remember to avoid energy drinks! They are high in caffeine and not for children under 16 years old.

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