



 **Cut out**  
**fizzy drinks**  
**this Feb**  




1

They have loads of sugar, which can impact your health

2

Some have caffeine, which can affect your sleep AND your mood

3

The acid in fizzy drinks can damage your teeth

4

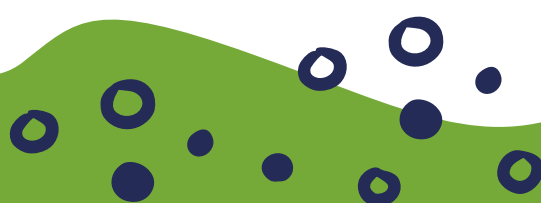
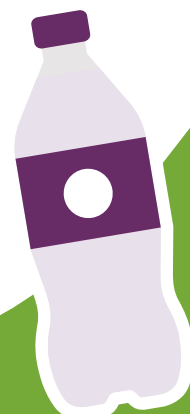
They cost a lot of money

5

They are bad for your gut health

6

They dehydrate us, making us more thirsty!

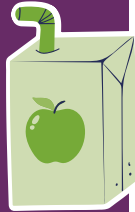


# Top tips to cut down on fizzy drinks



## Try these alternatives:

- Sugar-free or no-added-sugar drinks
- 150ml of pure fruit juice
- Adding cucumber or fruit to your water
- Just water



## Remember:

- Use the [NHS Food Scanner](#) app to check sugar in your drinks



## The wonders of water

- Boosts your mood
- Keeps you hydrated, especially when you exercise
- Water can also help you concentrate

## Drink more water by:

- Aiming for 6-8 glasses a day
- Adding fruit or low-sugar squash
- Always having a water bottle on you
- Using a water tracking app

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

Monster 500ml	14 cubes
Coca-Cola 500ml	13 cubes
Sprite 330ml	10 cubes
7UP 330ml	10 cubes
Red Bull 330ml	9 cubes
Fanta 500ml	6 cubes
Lucozade 500ml	6 cubes

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

In partnership with:



For alternative formats, email [marketing@maximusuk.co.uk](mailto:marketing@maximusuk.co.uk) quoting X22-2091