Is there more sugar in this drink than you think?

Sugar is a common cause of tooth decay
Check our guide to find out more about the sugar in drinks

TOP TIPS FOR HEALTHY DRINKS

- Water and milk* are the best drinks for children at any time.
- It’s ok to have a small glass of 100% fruit juice or a smoothie once a day — in fact it counts as one of their 5 a day. These drinks should only be consumed occasionally and at meal times — for toddlers add extra water***

*Use for children over 2 yrs. 1 sugar cube is approximately 5g of sugar.
***Dilute water for under 3s.

Looking for more great ideas for you and your family?
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