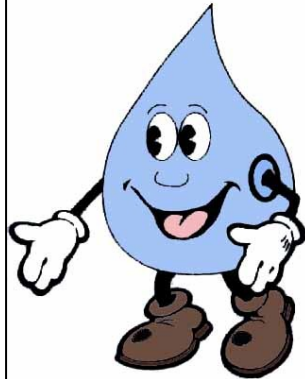


Swap all of your other drinks for these healthy options!



Water

Your body loves water because it needs it to keep working properly. Not drinking enough water can lead to dehydration which makes it harder to concentrate at School so keep drinking throughout the day to stay hydrated!

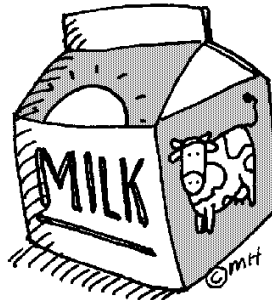
Top Tips! Drink 6-8 glasses of water a day. The best source of water is from your tap.

Milk

Milk gives you nutrients like calcium that keep your teeth and bones strong and healthy.

Top Tips! One portion of milk is around one small glass.

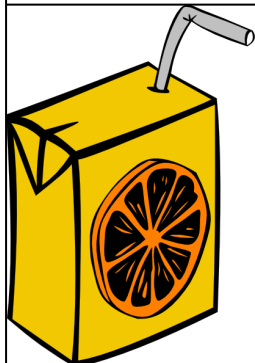
Drink skimmed or semi-skimmed milk as it has just as many nutrients with much less fat



Pure Fruit Juice

100% pure fruit juice gives you vitamins like vitamin C that are needed to keep you healthy.

Top Tips! Pure fruit juice only counts once towards your 5 a Day and is high in natural sugar too so just drink one small glass a day. Dilute pure fruit juice 50/50 with water and drink it with a meal to help protect your teeth.



Snack Swapping



Swap these...



For these...
