



DRINK Water

Did you know a 600ml soft drink contains around 16 teaspoons of sugar?

Soft drinks, energy drinks and flavoured milks are high in kilojoules and low in nutrients. They can leave you tired and craving for more.

- If you consume one bottle per day you will drink 23kg of sugar in a year.
- Aim to drink at least two litres of water per day depending on the temperature and how active you are.
- Try adding lemon and mint to flavour your water or herbal tea.

Choose water.

For more details visit
gethealthyatwork.com.au