

HEALTHY DRINKING GUIDELINES



WATER IS THE BEST DRINK

- Water is the best drink to quench your thirst
- Water is needed by every organ of the body
- Adults need to drink at least 6-8 glasses of water every day
- You need to drink more if it is very hot or if you are being physically active
- Tap water is the best choice as it is cheap, sugar-free and usually has fluoride for healthy teeth

WHAT'S WRONG WITH SWEET DRINKS?

Sweet drinks include all soft drinks, cordials, fruit juices, sports and energy drinks:

- these drinks are high in sugar
- too much sugar may lead to weight gain and tooth decay
- fruit juices are sweet drinks too because they contain the natural sugars from fruit
- one glass of orange juice has about 3 oranges in it – this means if you drink the juice you get all the sugar from 3 oranges but none of the fibre
- it is better to eat your fruit than to drink it!



SOFT DRINK, 1 CAN = 10 TEASPOONS OF SUGAR



CORDIAL, 1 GLASS = 5 TEASPOONS OF SUGAR



ORANGE JUICE, 1 GLASS = 5 TEASPOONS OF SUGAR



Produced by the Victorian Aboriginal Community Controlled Health Organisation and 'Go for your life'. Illustrations by Brayden Williams.



TUCKER TALK TIPS

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WHAT ABOUT ALCOHOL?

Too much alcohol can:

- raise your blood pressure
- raise your blood fats
- damage your heart, liver, brain and pancreas
- increase your risk of cancer
- give you a 'hypo' if you have diabetes
- make you put on weight.

SAFE DRINKING GUIDELINES

Adults should have **no more than 2** standard drinks on any day and should have at least 2 alcohol-free days per week. A **standard drink** means:



1 pot of full strength beer (285ml)



1 can or stubbie of light beer (285ml)



1 small glass of wine (100ml)



1 shot of spirits (30ml)

1 **drink** can be more than 1 **standard drink**:

1 can or stubbie of full strength beer or pre-mixed spirits

= 1.5 standard drinks.

Check the label on the bottle/can for the number of standard drinks it contains.

For more information about 'Go for your life',
call 1300 73 98 99 or visit www.goforyourlife.vic.gov.au