

## Add me or take me away -lunchbox drinks

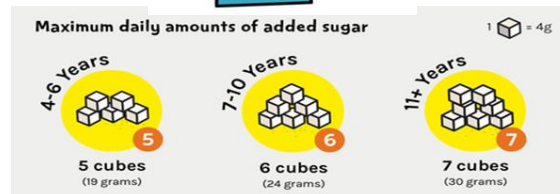


**Add me**



**Always add** water or milk as your lunchbox drink; these are tooth kind drinks.  
**Add a slice of fruit** to brighten up water and to add flavour try- lemon/lime/orange/cucumber or add fruits like frozen berries, kiwi and apple to make the water taste and look interesting.

## Take me away



**Bottle and pouch drinks**-there is a surprising amount of sugar in popular kids' drinks, so to cut back on sugar, they're a great place to start and remember its good to have less sugar for healthy teeth. **Energy drinks** aren't suitable for children – they can contain a lot of caffeine and sugar. Having energy drinks may be linked to difficulty in sleeping, headaches and anxiety.