

Stop and Think Before You Drink



Keep for special treats



Not to be taken too often

Soft/Fizzy Drinks

Healthy choice but be careful!

Usually sweetened in some way. Best given at meal times.



With a meal that's the deal!

Smoothies, Yogurt Drinks, Milk Shakes, Diluted Drinks and Fruit Juices

No limits here



Safe for teeth

Milk and Water

Don't add sugar to tea and coffee.
These drinks are not recommended for children.

- Remember it is important to drink at least 8 cups of fluids everyday, especially in warm weather and when you exercise.
- Milk and water are the safest drinks for teeth.
- Brush twice daily with a pea size amount of fluoride toothpaste.
- Keep dental appointments