

How much water do children need?

The amount of fluid that children need varies between individual children. The older the child, the more fluid they need. Children should drink approximately 1–1½ litres of fluid a day. Children will need more when they are physically active and on hot and humid days. Water is the best drink – for both children and adults – in all situations.

Recommendations for lunchboxes:

- ✓ water makes the best drink
- ✓ milk for healthy teeth and bones
- × cordial, soft drinks, fruit drinks and many sports drinks should be considered occasional drinks - best kept for special days.

Take a look at the sugar content found in these drinks:

<i>Drinks</i>	<i>Teaspoons of sugar</i>
Can of soft drinks – 375 mL	8 to 9 tsp
Bottle of soft drink – 600 mL	15 to 18 tsp
Fruit juice drink 250 mL	3 to 5 tsp
Cordial – 250 mL diluted	4 to 5 tsp
Water	0 tsp

As you can see, water has zero spoons of sugar making it the best option. Choose water as a drink whenever possible.