

The simplest way

... to make healthy drinks interesting.

Plain tap water is the best drink choice. It's cheap and quenches your thirst. However, if you're looking for something different here are some good options:

- Plain milk
- Sparkling water
- Milk blended with fruit of your choice for a delicious filling smoothie
- Water flavoured with slices of lemon, strawberries or mint



Try to avoid sugar sweetened drinks such as soft drinks, iced tea, flavoured water and fruit dink as they do not contain any nutrients our bodies need but add a lot of kilojoules which can lead to weight gain. If having juice, have only a small serve and consider diluting with water or ice.