

# WATER:

Water is the best choice in junior sport



## The clear winner in junior sport

Water is the drink of choice for health and sports performance benefits, especially for juniors.

Sporting stadiums, clubs, canteens, coaches and parents can play a key role in promoting water to children and the wider community.



## 3 simple steps for kids to keep well hydrated during sport



### Get ready before you start

Head to the starting line well hydrated. Drink plenty of water\* and enjoy a healthy breakfast or snack before you play.



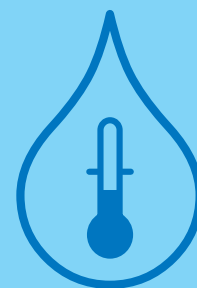
### Top up on the go

When you take a break, top up with sips of water so you're refreshed and ready to play on. In hot and humid weather, you may need to stop more regularly to top up.



### Finish and replenish

Finish with water and a healthy snack to replenish your energy after you play.



Keeps the body cool



Replaces fluid lost through sweat



Helps you feel energised and play at your best



The healthiest drink there is – and is naturally sugar free

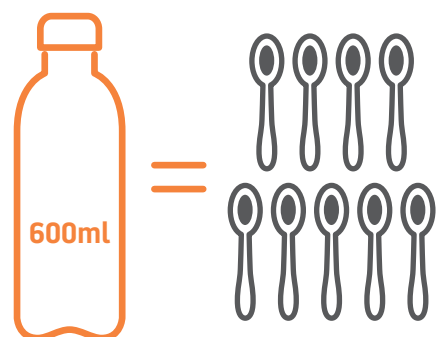
\*Children and adolescents aged 4–18 years require 5–8 cups of fluid per day, preferably from plain water.<sup>1,2</sup>

1. NHMRC (2006), *Nutrient Reference Values for Australia and New Zealand*, viewed 17 July 2017, <<https://www.nrv.gov.au/nutrients/water>>.

2. NHMRC (2013) *Australian Dietary Guidelines*. Canberra: National Health and Medical Research Council.

## Juniors don't need sports drinks

Sports drinks aren't a healthy choice for kids. They are really high in sugar – as much sugar as a can of soft drink.

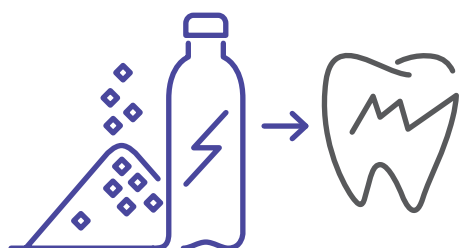


A standard 600ml sports drink has around nine teaspoons of sugar. That's one and half times the recommended daily limit for added sugar.



**Water is the best choice for kids playing sport.**

It's free, and comes without the nine teaspoons of sugar.



The sugar in sports drinks can erode dental enamel causing tooth decay (1 in 2 Aussie 12-year-olds has tooth decay).<sup>3</sup>



The sugar in sports drinks also adds excess kilojoules (calories) in kids' diets, which can lead to health problems.



Even in very hot and/or humid conditions or periods of sustained high intensity exercise where extra hydration, electrolyte and carbohydrates are required, additional drinks of water and small snacks (e.g. cheese and crackers, banana, a sandwich, yoghurt or milk drink) will replace fluid and salt losses from sweat and provide the extra energy kids need to perform at their best.



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VicHealth supports approaches that increase the supply of and access to healthy food in Victorian sport settings by making healthy food and drinks 'the easy choice' for participants, spectators, coaches and volunteers. For more information, visit [www.vichealth.vic.gov.au/easychoice](http://www.vichealth.vic.gov.au/easychoice)

For competitive/elite junior sports nutrition requirements, please refer to the Sports Dietitians Australia position statement at [www.sportsdietitians.com.au/factsheets/children/nutrition-for-the-adolescent-athlete/](http://www.sportsdietitians.com.au/factsheets/children/nutrition-for-the-adolescent-athlete/)



3. Sports Dietitians Australia and Australian Dental Association (2017), *Dental health for athletes*, viewed 17 August 2017, <<https://www.sportsdietitians.com.au/factsheets/fuelling-recovery/dental-health-for-athletes/>>.