



## Water – the best drink!

### Always and any time – these drinks are excellent ways of getting rid of your thirst

➤ **Tap water = drinking water**

Contains no sugar and is available free of charge everywhere in Switzerland. All tap water is checked regularly in Switzerland and can be drunk without hesitation. In some places the water comes from springs, in others it is drawn up from the ground water. This is why it does not taste the same everywhere.

➤ **Mineral water (sparkling or still)**

Contains no sugar. Contains various mineral salts, depending on which spring the water comes from.

➤ These drinks are not bad for your teeth.

➤ **Fruit and herbal tea without sugar**

Contains no sugar and does not cost much. There are many different flavours available.

### Every now and then and not too much – these drinks are not only liquid refreshments, but are also a small snack

➤ **Milk**

Contains many important elements (protein, milk fat, lactose, vitamins and minerals). Consider it a snack, not a way to get rid of your thirst.

✓ **Milk-based drinks with added fruit, ovaltine, chocolate-flavoured milk**

Contain nutritious elements, just as milk does, but additionally also contain a lot of sugar. Not good for getting rid of your thirst.

✓ **Fruit juice, fruit nectar**

All fruit juices, such as orange and apple juice, contain many important elements (vitamins, minerals, depending on the composition), but also contain a lot of the fruit's own sugar (fructose). Fruit juices only get rid of your thirst when they are diluted (one part fruit juice, two parts water).

### As little as possible – these drinks are not good for getting rid of your thirst

**Syrup**

- ✓ Syrup is a concentrate and contains a lot of sugar. Syrup must always be diluted with a lot of water.

✓ These drinks are bad for your teeth. So rinse your mouth out with water after drinking them.

**Ice tea, coca cola, soft drinks**

- ✓ These drinks contain a lot of sugar, but no other nutritious elements. That is why they are not good for pre-school children. Older children should also only drink them as an exception, and not have them every day. Ice tea, coca cola and soft drinks are bad for your teeth.