

# H<sub>2</sub>Ohhh

*that's good*

Water. The OG Health Drink.



Government of Western Australia  
Department of Health



Cancer  
Council  
WA

**LIVELIGHTER**  
▲<sup>®</sup>

# GET CREATIVE WITH YOUR DRINKS

Ditch sugary drinks for healthy recipes



For healthy  
drink recipes



Healthy Sweetpea  
Recipe



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# DIY HEALTHY SIPS

Try our healthy Cherry  
Creaming Soda recipe



For healthy  
drink recipes



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# LOOK FOR LOW SUGAR ON THE LABEL



## Sparkling Water with Tropical Juice

Ingredients: Carbonated Water, Sugar, Juices from Concentrate (Orange 4.85%, Pineapple 3.6%, Passionfruit 0.15%), Natural Flavours, Preservatives (211, 202), Natural Colour.

### Nutrition Information

Servings per package: 1

Serving size: 250 mL

	Per serving	Per 100 mL
Energy	114 kJ	46 kJ
Protein	0.1 g	0 g
Fat	0 g	0 g
	Total	0 g
	Saturated	0 g
Carbohydrates	Total	5.8 g
	Sugars	2.3 g
Sodium	20 mg	10 mg

## UNSWEETENED IS BEST

Choose drinks  
with less than  
2.5 g sugar  
per 100 mL.



Let's ditch  
sugary drinks



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