

SA Dental Service

Tap Water

The best drink for everyone!

- > Plain tap water is the best drink to quench your thirst.
- > Water is essential for our bodies to function normally.
- > Our bodies lose water regularly through sweat, urine and breathing.
- > Most of South Australia's tap water is fluoridated, which helps protect teeth against decay.
- > SA Dental Service recommends that no fluoride tablets or supplements are used. If your tap water is not fluoridated, please contact your dental clinic for more advice.
- > Not all bottled water contains fluoride, but it is still a healthy alternative to soft drinks and fruit juice.
- > Some tap filters remove fluoride. Contact the manufacturer to ask about your filter.



How much water should children drink?

The *Dietary Guidelines for Children and Adolescents in Australia (NHMRC, 2013)* state that

- > plain tap water is best for teeth
- > children should drink to satisfy their thirst by drinking tap water often throughout the day
- > children should drink tap water instead of fruit juices, sports drinks, energy drinks and soft drinks
- > children's fluid needs depend on their body size, the climate and their physical activity levels
- > children need to drink an increased amount of tap water before and during exercise
- > water does not need to be boiled for children aged over **twelve** months. If unsure of water quality, **boil** and cool water before use

Encourage your children to drink tap water

- > Most children lead active lives but often forget to drink. Remind children to drink tap water every day.
- > Send your child to kindergarten or school with a drink bottle filled with tap water. Many schools and kindergartens allow children drink water in the classroom. This is a great way to encourage children to drink water during the day.
- > Let children see you enjoying tap water.
- > Have jugs of tap water and cups on hand so children can help themselves.
- > Make drinking tap water more fun by adding different shaped ice cubes.
- > Tea, coffee, sports or 'energy' drinks and alcohol should not be given to children.
- > Limit fruit juice to one small glass occasionally with a meal.
- > Remember cordial and soft drinks are to be consumed occasionally - not every day.

For more information

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