

Choosing drinks to support wellbeing

Health New Zealand
Te Whatu Ora

Based on the principles of Supporting Nourishing Food and Drink Options – A Toolbox for Organisations.

Make plain water the main drink choice

Water keeps us hydrated, supports temperature control and digestion and helps people feel their best. Make plain water free, easy to find and, where relevant, the cheapest drink. Add fruit, vegetables or herbs for variety, such as mint, berries, citrus slices or cucumber.



Provide a range of everyday drinks

Offer:

- green, black or herbal tea
- coffee, including decaffeinated options
- plain milk
- unsweetened calcium-fortified* plant milk, such as soy, almond, oat or rice milk
- iced tea or coffee with no added sugar*.

Provide milk or plant milk to add to hot drinks.

Offer some no-added-sugar options, in small sizes

Sparkling water, drinks with no added sugar* and drinks with non-sugar sweeteners* can add variety. They can replace sugar-sweetened drinks, but should not be promoted ahead of water.

Keep juice to small serves of 100% juice with no added sugar, ideally diluted with water.

- Choose flavoured milk with the lowest sugar per 100ml.
- Use Kai Checker to find options.

Reduce availability of drinks high in added sugar

Limit soft (fizzy) drinks, energy drinks, cordial, sweetened iced tea or other drinks with added sugar*. If this can't be done straight away, reduce availability and sizes first.

For terms marked with an asterisk (*), see Explanatory Notes.

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