

DO YOU REALLY NEED THAT SPORTS DRINK?



THERE ARE UP TO
13 TEASPOONS
OF SUGAR IN SOME
SPORTS DRINKS

WATER –
IT'S NATURALLY
THE BEST WAY TO
REHYDRATE!

rethinksugarydrink.org.au



HEALTHY CHOICES

MEAL DEALS



Healthy Choice Pre-Game Snack Combo

Low Fat Yoghurt

\$ 4.00

Fresh Fruit

Bottle of Water



60% of adults and 25% of children and adolescents in Australia are classed as overweight or obese. Ditch the chips and chocolate and try our Healthy Choice Snack Combo instead!

HEALTHY CHOICES

MEAL DEALS



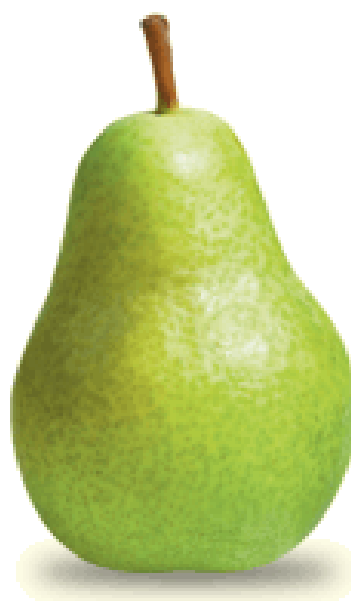
Healthy Choice Summer Sport Meal Deal

Grilled Chicken and Salad Wrap

\$6.50

Fresh Fruit

Bottle of Water



Red labelled foods can contribute to excess kilojoule intake. For the Healthy Choice Alternative Choose Green Labeled Foods.