

'Sometimes I want...'

Sometimes all of us feel like having some kinds of foods or drinks which aren't so healthy. These things include:

- » hot chips and potato crisps
- » lollies and chocolate
- » biscuits, cakes and doughnuts
- » ice cream and slushies
- » fast foods/take away
- » soft drinks, cordial and energy drinks
- » pies and sausage rolls.

BUT- these foods and drinks have a lot of fat, salt or sugar, and not enough of the good stuff. If you eat them regularly, you can put on weight and risk getting diabetes or heart disease.

How much is ok?

It's ok to eat some of these foods sometimes, if you:

- » keep to small amounts
- » eat them only 2 or 3 times a week
- » are physically active.


For small amounts, think 2 to 3 sweet biscuits, one small can of soft drink, 30g potato crisps (that's less than a small packet), 2 scoops of ice cream, half a small chocolate bar.

What can you do?

- » If you really want it, have it sometimes.
- » Choose a small size.
- » Check out *Yhunger fact sheet - Smart fast food choices*.
- » Eat breakfast, lunch and dinner and a couple of healthy snacks everyday.
- » Drink tap water instead of soft drinks.
- » Take some of your own food with you when you go out – it's cheaper and healthier.

Soft drinks - lots of sugar

Soft drinks are full of sugar.

If  is equal to 1 teaspoon of sugar, look how much sugar is in soft drink...



1 375 ml can of soft drink



8 teaspoons of sugar



1 glass (250 ml) of water
No sugar!

It is easy to consume a lot of sugar when drinking sugary drinks, because they don't make us feel full – so we can keep drinking!

Tooth decay and weight gain are common side effects from having sugar-sweetened drinks too often.

Have bubble tea occasionally

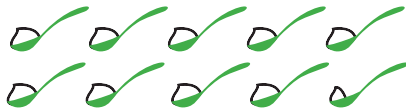
Bubble tea, also called boba tea or pearl milk tea, is a popular drink made from tea, milk (or a milk substitute), flavoured syrups, jelly and/or tapioca pearls (the 'bubbles') that contain added sugars.

The amount of sugar and energy in bubble tea depends on what kind of tea you get, what topping you have, and how big the tea is.

For example, a regular sized (500 ml or 16 Oz) Pearl Milk Bubble Tea has 38g or 9 teaspoons of sugar



Bubble tea (regular sized, 473mL)



9 ½ tsps of sugar

The World Health Organisation recommends having 5 to 10 teaspoons of added sugar a day. So just one serve of bubble tea has almost 100% of recommended added sugars for the day.

The sweetest of bubble teas, a large serving size (700 ml, or 24 Oz) of Brown Sugar Milk Bubble Tea has double the recommended amount of added sugar for a person in a day!

Smarter options for bubble tea

Try some of these ways to cut back on the added sugars in bubble tea by choosing:

- » Zero or half sugar
- » A smaller serving size, or share with a friend
- » Toppings that are low in sugar, like herbal jelly, aloe or basil seed, or opt for no toppings
- » Clear, water-based teas instead of milk-based teas
- » Enjoy occasionally, not everyday.

Other alternatives to cut back on bubble tea include:

- » Milk or milk alternatives (e.g. soy milk, almond milk)
- » Coffee with fresh milk
- » Iced black tea with fresh milk
- » Still or sparkling water with sliced lemon, limes, fresh herbs or berries added
- » Kombucha (a sweet fermented tea).

Need more information?

- » About added sugar: <https://www.healthdirect.gov.au/sugar>
- » About the health impacts of sugary drinks: <https://www.rethinksugarydrink.org.au/facts>
- » About 'sometimes' foods and drinks: <https://www.eatforhealth.gov.au/food-essentials/discretionary-food-and-drink-choices>

This fact sheet has been developed by Youthblock Youth Health Service, Sydney Local Health District for the Yhunger program.