

Drink recommendations for meetings and events

Based on the principles of the *Healthy Food and Drink Guidance for Organisations*, the following are recommendations for healthy drinks for workplace meetings and other events.

FOCUS ON WATER

Water is the main cold drink option.

Giving priority to water means you:

- limit the availability and portion sizes of drinks containing 'intense' sweeteners¹
- avoid fruit or vegetable juices and sugar-sweetened drinks.²



SUGGESTIONS FOR SUITABLE DRINKS



Water

Serve water straight out of the tap.



Sparkling water

Try adding some fruit slices for flavour



Tea, coffee

Offer decaffeinated, herbal and fruit teas

¹ Intense sweeteners (also known as artificial sweeteners) are a type of food additive that provides little or no energy (kilojoules). Intense sweeteners permitted for use in New Zealand include aspartame, sucralose and stevia.
² Any drink that contains added caloric sweetener, usually sugar. The main categories of sugar-sweetened drinks are soft drinks or fizzy drinks, sachet mixes, fruit drinks, cordials, flavoured milks, flavoured water, iced teas and coffees, and energy and sports drinks.

LIMIT OTHER FLAVOURED DRINKS

If providing other flavoured drinks, limit the portion sizes and sugar content. For example:

- limit the portion sizes to less than 300 mL for still and carbonated flavoured drinks that are sweetened with 'intense' sweeteners.

Avoid offering:

- sugar-sweetened beverages, such as soft drinks
- fruit or vegetable drinks, including no-added-sugar fruit or vegetable drinks
- large portions (greater than 300 mL) of still or carbonated flavoured drinks that are sweetened with 'intense' sweeteners.

