**Healthier Drinks Suggestions List**

**(Zero to Low sugar)**

**Healthier Drink Guidelines**

**Water is the most available and cheapest drink option**

* Ensure water is the cheapest drink available at your stall, and the most prominent drink option on display (≥55% of options)
* While plain, unflavoured water is preferable, water options can also include sparkling water and zero sugar-flavoured waters
* There are no limits to portions size in this category

**Other Drinks**

* Portion sizes should be 360mL or less
* Selling price for other drinks should be higher than water
* Only zero or low sugar drinks can be sold
  + Low sugar drinks defined as ≤5g sugar/100mL
* No sugary drinks allowed for sale
  + Sugary drinks defined as >5g sugar/100mL

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| **Manufacturer** | **Product** | **Size as sold (g)** | **Sugars g/100ml** |
| **Water** | | | |
| Better Drinks Co. | Charlies Eco Water | 650mL | 0 |
| Better Drinks Co. | Charlies Spring Water | 600mL | 0 |
| Better Drinks Co. | Phoenix Still/ Sparkling Water | 300mL 750mL | 0 |
| Coca Cola Amatil | Kiwi Blue | 450mL  1.25L | 0 |
| Coca Cola Amatil | Kiwi Blue Lightly Sparkling  **Flavour range** - Lemon/ Lime / Raspberry | 450mL  1.25L | 0 |
| Coca Cola Amatil | Pump Water | 400mL  750mL | 0 |
| Davies Foods | Zero Water Natural Spring | 800mL | 0 |
| Davies Foods | Zero Water  **Flavour range** - Lemon & Lime / Exotic Berry / Mandarin Twist/ Exotic Twist/ Peach & Nectarine | 800mL | 0 |
| Davies Foods | Zero Water | 800mL | 0 |
| Frucor | H2Go Pure Water | 300mL 425mL 750mL | 0 |
| Frucor | H2Go Still  **Flavour range** – Lime / Boysenberry/ Peach & Apricot | 750mL | 0 |
| Frucor | H2Go Sparkling –  **Flavour range** - Raspberry & Lemon / Lime/ | 750mL | 0 |
| Frucor | NZ Natural Still or Sparkling Water | 500mL | 0 |
| LaCroix Water | LaCroix Sparkling Water  **Flavour range**- Berry /Coconut / Lime/ Orange/ Peach Pear / Pure | 355mL | 0 |
| Vista | Vista Sparkling water  **Flavour range** – Feijoa / Lemon/ Berry | 355mL | 0 |
| Countdown | Countdown water Stil Spring | 350mL 600mL  750mL  1.5L | 0 |
| Countdown | Countdown Sparkling Water | 350mL  1.5L | 0 |
| **Zero Sugar Drinks** | | | |
| Coca Cola Amatil | Coca Cola No Sugar | 300mL  355mL | 0 |
| Coca Cola Amatil | Coca Cola Zero | 300mL  355mL | 0 |
| Coca Cola Amatil | Diet Coca Cola | 300mL  355mL | 0 |
| Coca Cola Amatil | L&P Sugar Free | 300mL  355mL | 0 |
| Coca Cola Amatil | Sprite Zero | 300ml  355mL | 0 |
| Frucor | Pepsi Max | 300mL  355mL | 0 |
| Healthy Kids | Aqua Hero  **Flavour range** - Apple Fruit Drink / Peach Fruit Drink / Strawberry Fruit Drink | 250mL | 0 |
| Countdown | Ninety nine –soft drink multi pack | 350mL | 0 |
| Warehouse | Nice Mixed tray – soft drink multipack | 350mL | 0 |
| **Low Sugar Drinks (≤5g sugar per 100mL)** | | | |
| Remedy Kombucha | Organic Kombucha  **Flavour range**– Ginger Lemon/ Apple Crisp/ Hibiscus Kiss/ Raspberry Lemonade/ Original | 330mL | 0.1 |
| Better Drinks Co. | Charlies Orange Juice Drink | 200mL | 4.7 |
| Better Drinks Co. | Phoenix Sparkling Water  **Flavour range**- Cucumber Elderflower & Apple/ Cranberry Lime & Apple/ Feijoa Lemon & Apple/ Feijoa Lemon & Apple/ Watermelon Limeflower & Apple | 290mL | 5 |
| Frucor | Just Juice Splash  Flavour range - Apple & Blackcurrant/ Tropical | 125mL 300mL | 5 |
| HOPT | HOPT Soda- Salted Lychee | 330mL | 4.8 |
| HOPT | HOPT Soda- Watermelon and Mint | 330mL | 4.9 |
| HOPT | HOPT Soda- Pear and Basil | 330mL | 4.9 |
| HOPT | HOPT Soda – Elderberry and Herb | 330mL | 4.8 |