

These ice drinks or 'slushies' contain glycerol.

Children under 7 should avoid consuming these drinks.

More information on glycerol:
[food.gov.uk/glycerol](https://www.food.gov.uk/glycerol)

Glycerol can cause sickness and headaches in young children

Children aged 7-10 should limit consumption to one 350ml drink per day.

That's about the size of a can of fizzy drink.

