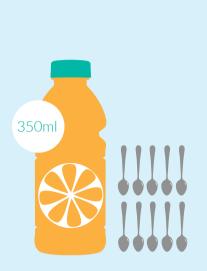
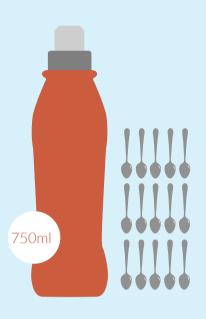
HOW MUCH SUGAR DOYOU DRINK?



soft drinks16 teaspoons
of sugar



fruit juice 10 teaspoons of sugar



sports drinks15 teaspoons
of sugar



energy drinks 9 teaspoons of sugar



tap water O teaspoons of sugar

DID YOU KNOW?

Soft drinks, fruit juice, sports drinks and energy drinks can contain 5-7 teaspoons of sugar in a 250ml glass.

water is the best choice

Other low or no-sugar options are:



unflavoured milk



tea



coffee



diet or zero drinks

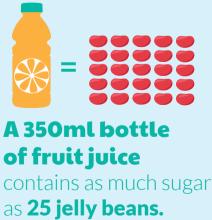


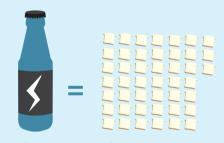
If you drink a 600ml bottle

of soft drink every day, you will drink **480 teaspoons of sugar** a month, which equals 2kg of sugar.



You could save \$60 a month if you switch your daily can of soft drink for tap water.





If you drink a 350ml bottle of energy drink every day, it is the same as eating an extra 45

slices of white bread every month.

The figures are indicative only and are based on popular sugary drinks available as of February 2014.

