## How Much suliar


soft drinks
16 teaspoons
of sugar

tap water
O teaspoons
of sugar

Soft drinks, fruit juice, sports drinks and energy drinks can contain 5-7 teaspoons of sugar in a $\mathbf{2 5 0 m l}$ glass.

## water is the best choice

Other low or no-sugar options are:


If you drink a 600 ml bottle
of soft drink every day, you will drink 480 teaspoons of sugar a month, which equals
2 kg of sugar. a ,

unflavoured milk

tea

coffee

diet or zero drinks


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


A 350ml bottle of fruit juice
contains as much sugar as $\mathbf{2 5}$ jelly beans.


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

