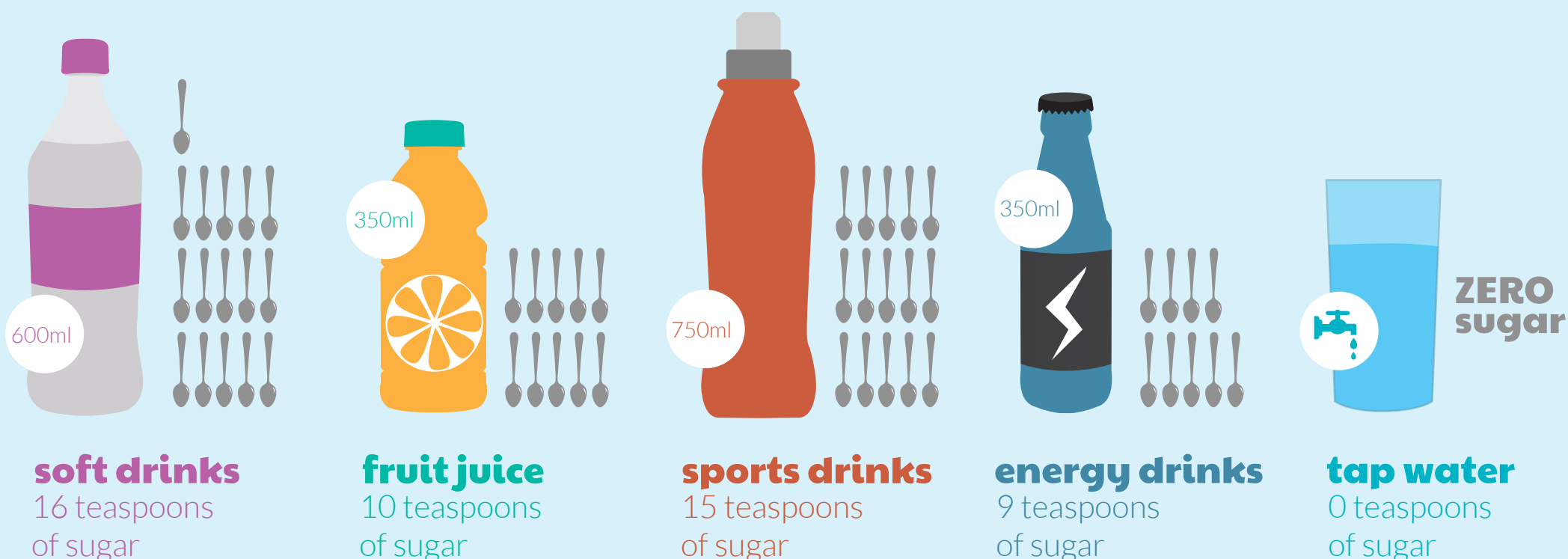


HOW MUCH SUGAR DO YOU DRINK?



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:



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