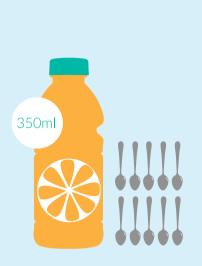
HOW MUCH SUGAR DO YOU DRINK?



soft drinks16 teaspoons
of sugar



fruit juice 10 teaspoons of sugar



sports drinks 15 teaspoons of sugar



flavoured milk
7 teaspoons of sugar



tap water O teaspoons of sugar



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

water is the best choice

low or reduced-fat unflavoured milk is a good choice too



If you drink a 600ml bottle

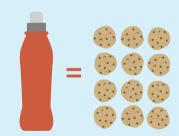
of soft drink every day, you will drink **480 teaspoons of sugar** a month, which equals 2kg of sugar.



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



contains as much sugar as **25 jelly beans.**



A 750ml sports
drink has the same
amount of sugar as
12 chocolate
chip biscuits.