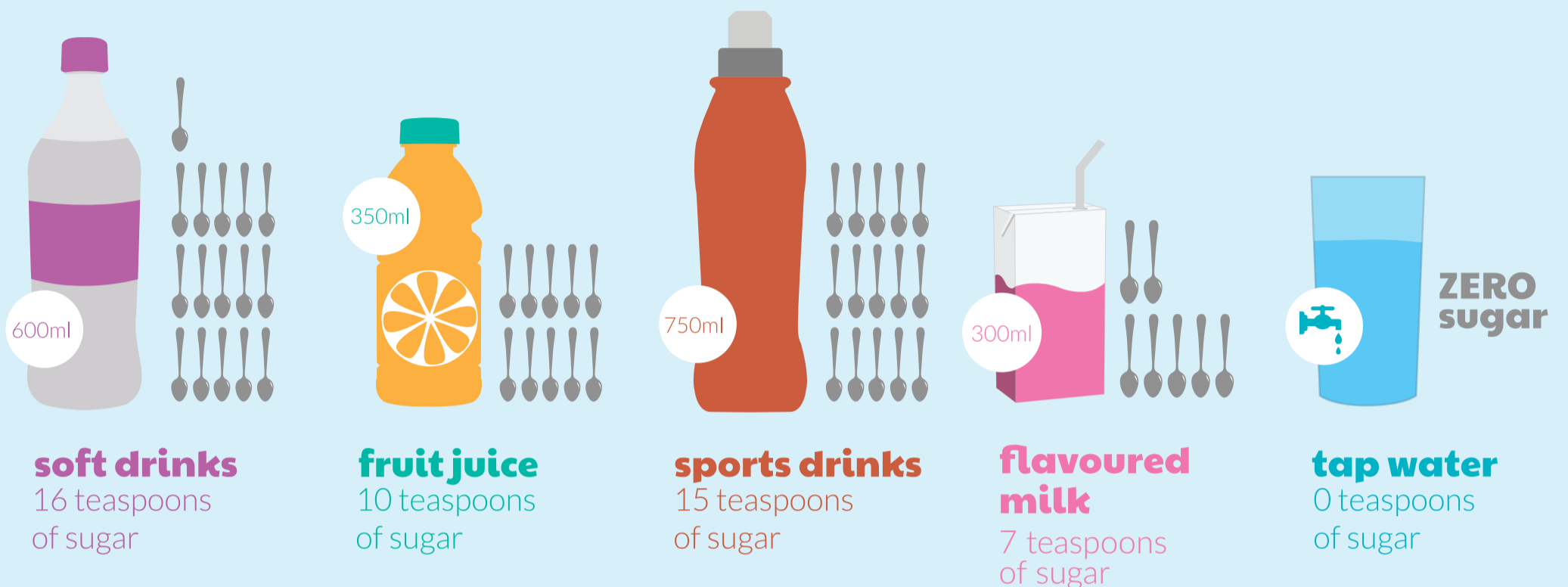


HOW MUCH SUGAR DO YOU DRINK?



DID YOU KNOW?

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

