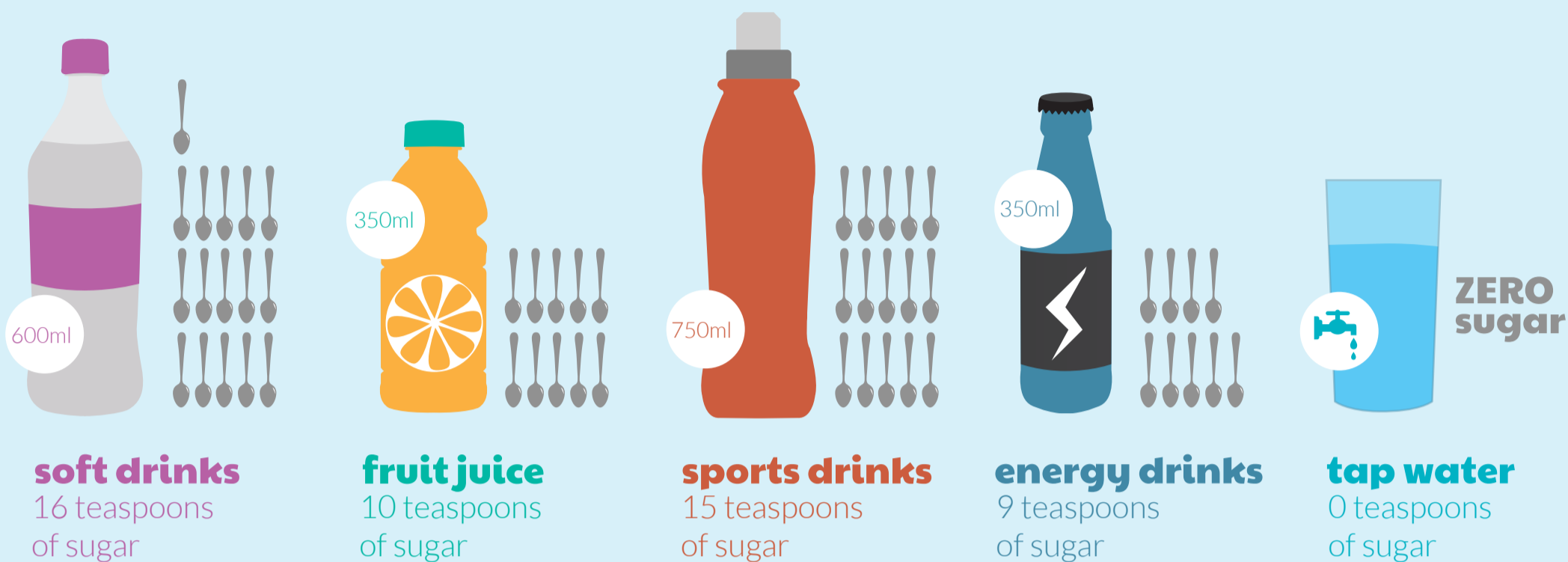


HOW MUCH SUGAR DO YOU DRINK?



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

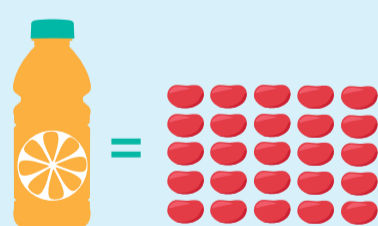
Other low or no-sugar options are:



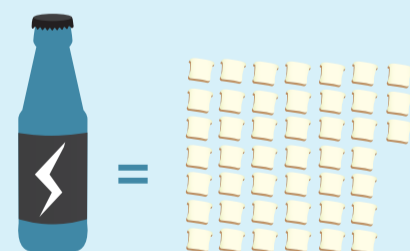
If you drink a 600ml bottle of soft drink every day, you will drink **480 teaspoons of sugar** a month, which equals 2kg of sugar.



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



A 350ml bottle of fruit juice contains as much sugar as **25 jelly beans**.



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.