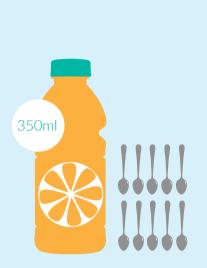
HOW MUCH SUGAR DOYOU DRINK?



soft drinks16 teaspoons
of sugar



fruit juice 10 teaspoons of sugar



sports drinks15 teaspoons
of sugar



energy drinks 9 teaspoons of sugar



tap water O teaspoons of sugar

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:



unflavoured milk



tea



coffee



diet or zero drinks



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.



NPA045 | May 2014 hpa.org.nz