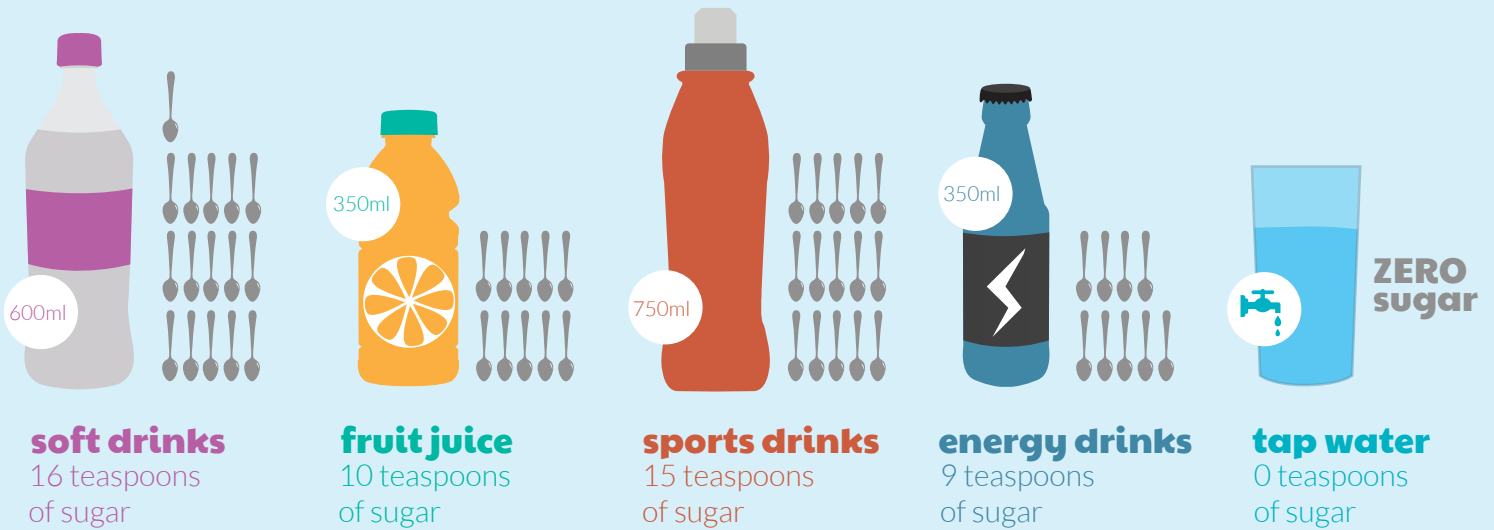


HOW MUCH SUGAR DO YOU DRINK?



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.