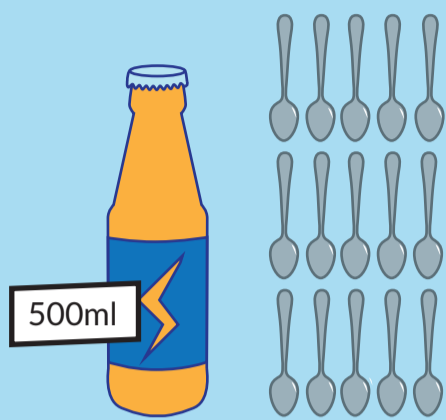
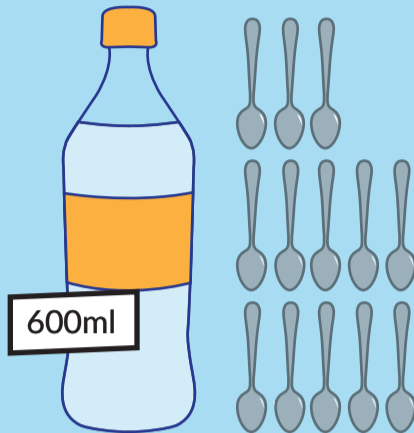


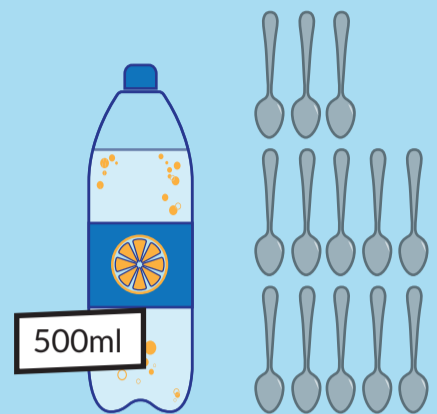
How much sugar is in your drink?



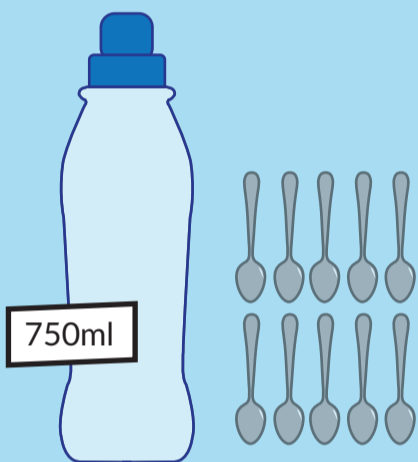
energy drink
15 teaspoons of sugar



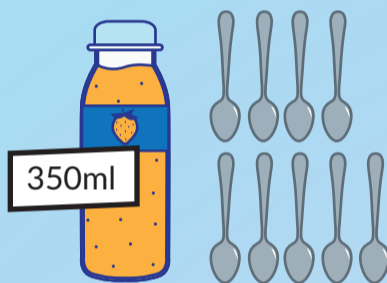
soft drink
13 teaspoons of sugar



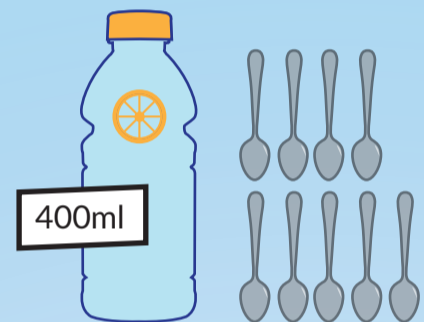
sparkling fruit drink
13 teaspoons of sugar



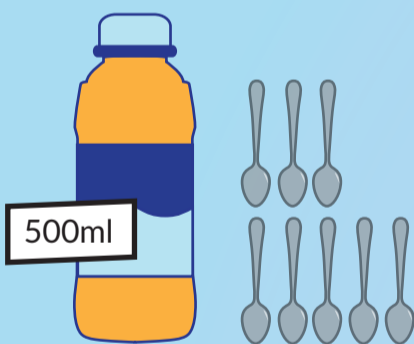
sports drink
10 teaspoons of sugar



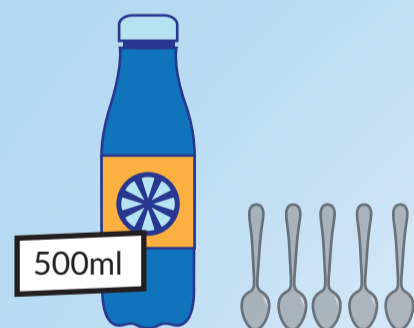
smoothie
9 teaspoons of sugar



fruit juice
9 teaspoons of sugar



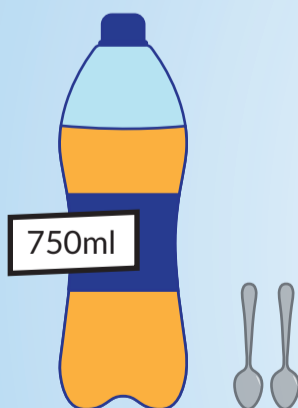
iced coffee
8 teaspoons of sugar



iced tea
5 teaspoons of sugar



flavoured instant coffee sachets
2 teaspoons of sugar



flavoured water
2 teaspoons of sugar

Water is the best choice!

low or reduced-fat unflavoured milk, coffee and tea are good choices too



Zero Sugar tap water
0 teaspoons of sugar