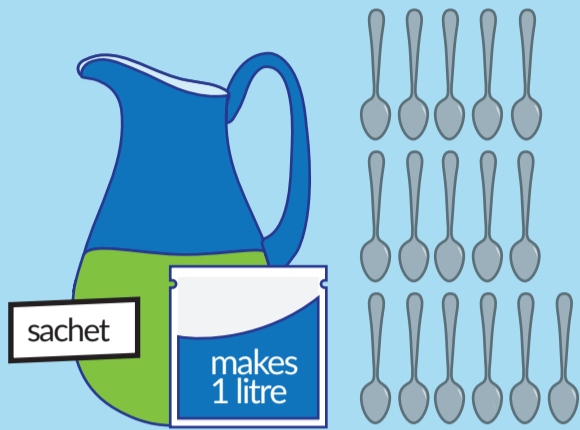
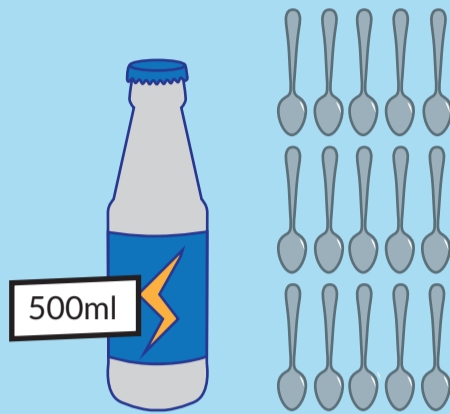


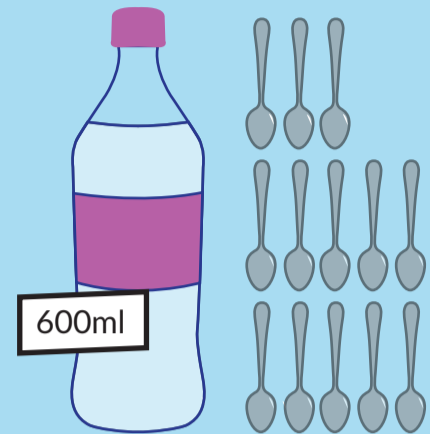
How much sugar is in your children's drink?



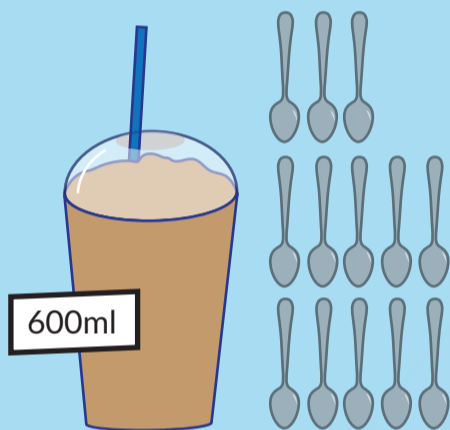
powdered fruit drink
16 teaspoons of sugar



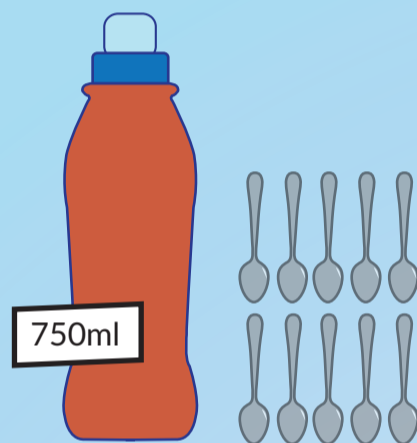
energy drink*
15 teaspoons of sugar
*Energy drinks are not recommended for under 18 years of age



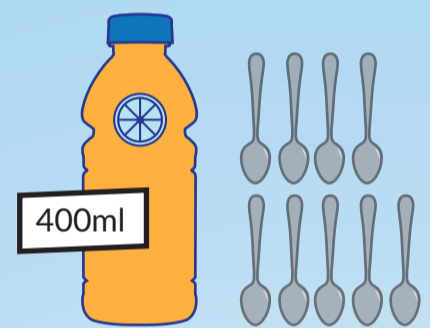
soft drink
13 teaspoons of sugar



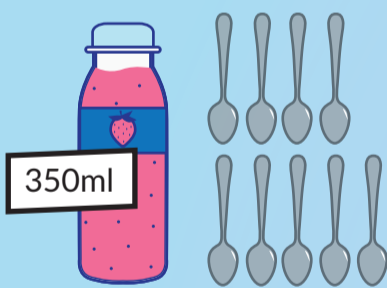
frozen soft drink
13 teaspoons of sugar



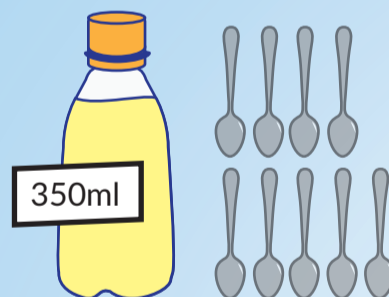
sports drink
10 teaspoons of sugar



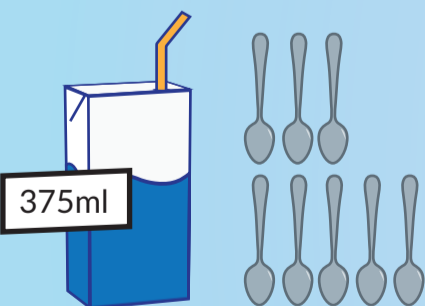
fruit juice
9 teaspoons of sugar



smoothie
9 teaspoons of sugar



novelty soft drink
9 teaspoons of sugar



flavoured milk
8 teaspoons of sugar



powdered chocolate drink with 200ml reduced-fat milk
5 teaspoons of sugar



Zero Sugar tap water
0 teaspoons of sugar