

Think Before You Drink



500 ml
Sugar content: 18 grams
4.5 teaspoons



375 ml
Sugar content: 42 grams
10.5 teaspoons



500 ml
Sugar content: 28 grams
7.0 teaspoons



500 ml
Sugar content: 26 grams
6.5 teaspoons



500 ml
Sugar content: 24 grams
6.0 teaspoons



330 ml
Sugar content: 36 grams
9.0 teaspoons



500 ml
Sugar content: 30 grams
7.5 teaspoons



Sugar content: 0 grams
0 teaspoons



Sugar content: 0 grams
0 teaspoons



Sugar content: 0 grams
0 teaspoons



Water on tap... the clear choice for teeth



200 ml
Sugar content: 1.4 grams
0.35 teaspoons



Sugar content: 0.38 grams
0.095 teaspoons



Sugar content: 26.7 grams
6.675 teaspoons



Sugar content: 27 grams
6.75 teaspoons



Sugar content: 28.8 grams
7.2 teaspoons



Sugar content: 22 grams
5.5 teaspoons

Sugar

SACN recommend the average intake of free sugars should not exceed 5% of daily dietary energy intake

This means no more than:

- 0-2 year olds: 2 year olds
- 3-6 year olds: 3 year olds
- 7-10 year olds: 4-6 year olds
- 11 years+ and adults: 2-10 year olds

Babies and very young children do not need and should not have any free sugar

Source: SACN Dietary Committee of Nutrition's recommendations on



1 gram of sugar = 1/4 of a teaspoon

1 teaspoon of sugar = 4 grams

1 teaspoon of sugar = 16 calories



Vanilla flavoured milk 200ml
Sugar content per 200ml: 8.7 grams
Total sugar content of bottle: 28.8 grams sugar
7.2 teaspoons



Galaxy smoothie with 200ml
Sugar content: 42.4 grams
10.6 teaspoons



Sugar content: 28.8 grams
7.2 teaspoons



Sugar content: 18 grams
4.5 teaspoons



Sugar content: 27.8 grams
7.05 teaspoons



Sugar content: 18 grams
4.5 teaspoons

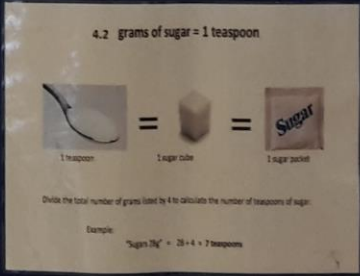


Pepsi Next Cherry 200ml
Sugar content: 2.0 grams
0.5 teaspoons



Coca-Cola Zero 200ml
Sugar content: 0 grams
0 teaspoons

4.2 grams of sugar = 1 teaspoon



1 teaspoon = 1 sugar cube = 1 sugar packet

Divide the total number of grams listed by 4 to calculate the number of teaspoons of sugar

Example: "Sugar 30g" = 30 ÷ 4 = 7.5 teaspoons



gulp



FAT



TUPPER



FLATLINE

Drinking two cans of pop per day can increase your risk of type 2 diabetes by more than a quarter

Drinking one can of sugary pop per day increases your risk of dying from heart disease by a third