



Think Before You Drink

Sugar
What is the recommended maximum amount of Sugar per day?
• 2% of total dietary energy intake
This means no more than:
• 19g (5 teaspoons) 4-6 year olds
• 24g (6 teap) 7-10 year olds
• 30g (7 1/2 teap) 11years - adults



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

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