

How much **sugar** do you drink?

WATER

No
Sugar



LOW FAT MILK

No added
Sugar



FLAVOURED MILK

2
teaspoons



CORDIAL

3
teaspoons



FRUIT JUICE DRINK

6
teaspoons



ENERGY DRINK

6
teaspoons



SPORTS DRINK

7
teaspoons



SOFT DRINK CAN

8
teaspoons



SOFT DRINK BOTTLE

13
teaspoons



Choose **water**

- Free
- Good for teeth
- ZERO** sugar