

Choose Water



You wouldn't eat 16 teaspoons of sugar - *so why drink it?*



600ml
cola
16
teaspoons
sugar per bottle

500ml
iced tea
8
teaspoons
sugar per bottle

600ml
sports drink
9
teaspoons
sugar per bottle

250ml
energy drink
7
teaspoons
sugar per can

600ml
lemon squash
16
teaspoons
sugar per bottle

1100ml
slushy
25
teaspoons
sugar per cup

250ml
natural fruit juice
6
teaspoons
sugar per bottle

600ml
water
0
teaspoons
sugar per bottle

Choose Water



You wouldn't eat 16 teaspoons of sugar - *so why drink it?*



600ml
cola
16
teaspoons
sugar per bottle

500ml
iced tea
8
teaspoons
sugar per bottle

600ml
sports drink
9
teaspoons
sugar per bottle

250ml
energy drink
7
teaspoons
sugar per can

600ml
lemon squash
16
teaspoons
sugar per bottle

1100ml
slushy
25
teaspoons
sugar per cup

250ml
natural fruit juice
6
teaspoons
sugar per bottle

250ml
water
0
teaspoons
sugar per glass