FACTS ABOUT SUGARY DRINKS

6.75KG WEIGHT GAIN IN ONE YEAR
It has been estimated that consuming one can of soft drink per day could lead to a 6.75kg weight gain in one year (if these calories are added to a typical US diet and not offset by reduction in other energy sources)

1.28 BILLION LITRES
THE AMOUNT OF CARBONATED/STILL DRINKS BOUGHT IN 2012
In the 12 months to October 2012, Australians bought 1.28 billion litres of carbonated/still drinks with sugar, with regular cola drinks being the most popular (447 million litres)

9 PACKS OF SUGAR IN 600ML SPORTS DRINK

47% OF CHILDREN
The 2007 Australian National Children’s Nutrition and Physical Activity Survey found that 47% of children (2 to 16 years of age) CONSUMED SUGAR-SWEETENED BEVERAGES (INCLUDING ENERGY DRINKS) EVERY DAY

If you drink 1 x 600ml regular soft drink every day for a year you will drink 23 KILOS OF SUGAR

6 PACKS OF SUGAR IN 250ML ENERGY DRINK

AUSTRALIA IS IN THE TOP 10 COUNTRIES FOR PER CAPITA CONSUMPTION OF SOFT DRINK

1 pack = 4 grams of sugar