TIME TO RETHINK SUGARY DRINK?

6.75KG
WEIGHT
Gain in one year

1.28
Billion litres
The amount of carbonated/still drinks bought in 2012

9 packs of sugar in 600ml sports drink

6 packs of sugar in 250ml energy drink

There are about 16 packs of sugar in 1 600ml bottle of regular soft 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

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

Drinking a can of soft drink each day will significantly increase your risk of tooth decay and erosion

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)

Australia is in the top 10 countries for per capita consumption of soft drink

1 pack = 4 grams of sugar

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