TIME TO RETHINK SUGARY DRINK?

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).

DRINKING A CAN OF SOFT DRINK EACH DAY will significantly increase your risk of TOOTH DECAY AND EROSION.

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

18% OF CHILDREN
The 2007 Australian National Children’s Nutrition and Physical Activity Survey found that 18% of children (2 to 3 years of age) CONSUMED SUGAR-SWEETENED BEVERAGES OR FLAVOURED MINERAL WATER REGULARLY.

AROUND TWO THIRDS (65.6%) OF ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE AGED 5 AND OVER ARE OVERWEIGHT OR OBSE.

1 cube = 4 grams of sugar

9 CUBES OF SUGAR IN 600ML SPORTS DRINK

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).

6 CUBES OF SUGAR IN 250ML ENERGY DRINK

A rethink sugary drink.org.au