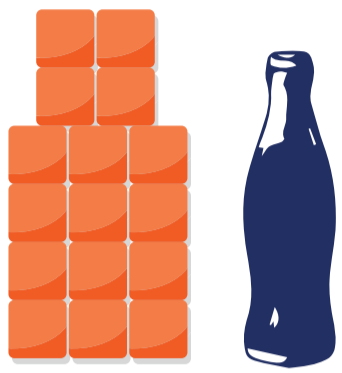


TIME TO RETHINK SUGARY DRINK?



THERE ARE ABOUT
16 CUBES
OF SUGAR
IN 1 600ML
BOTTLE OF
REGULAR
SOFT DRINK

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

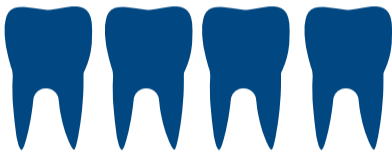
6.75KG
WEIGHT
GAIN IN ONE YEAR



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

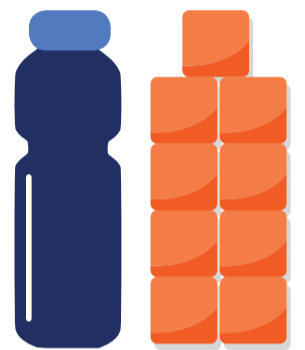


1.28
BILLION
LITRES

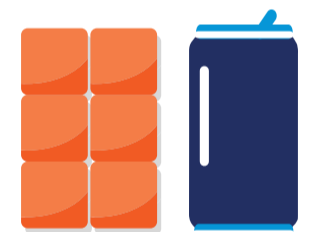
THE AMOUNT OF CARBONATED/STILL DRINKS BOUGHT IN 2012

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 CUBES
OF SUGAR
IN 600ML
SPORTS
DRINK

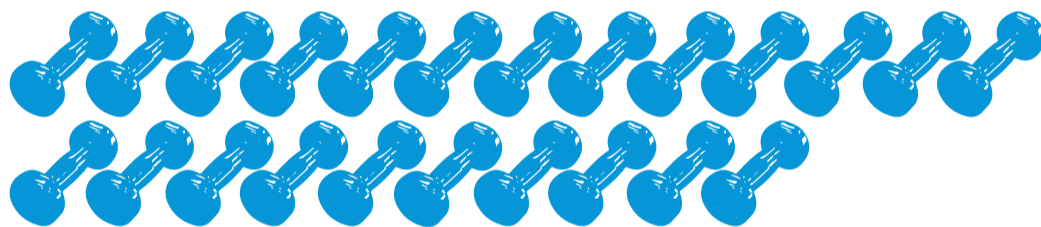


6 CUBES
OF SUGAR
IN 250ML
ENERGY
DRINK



=

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



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



1 cube = 4 grams of sugar