



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



youtube.com/user/VACCHOinc
rethinksugarydrink.org.au

