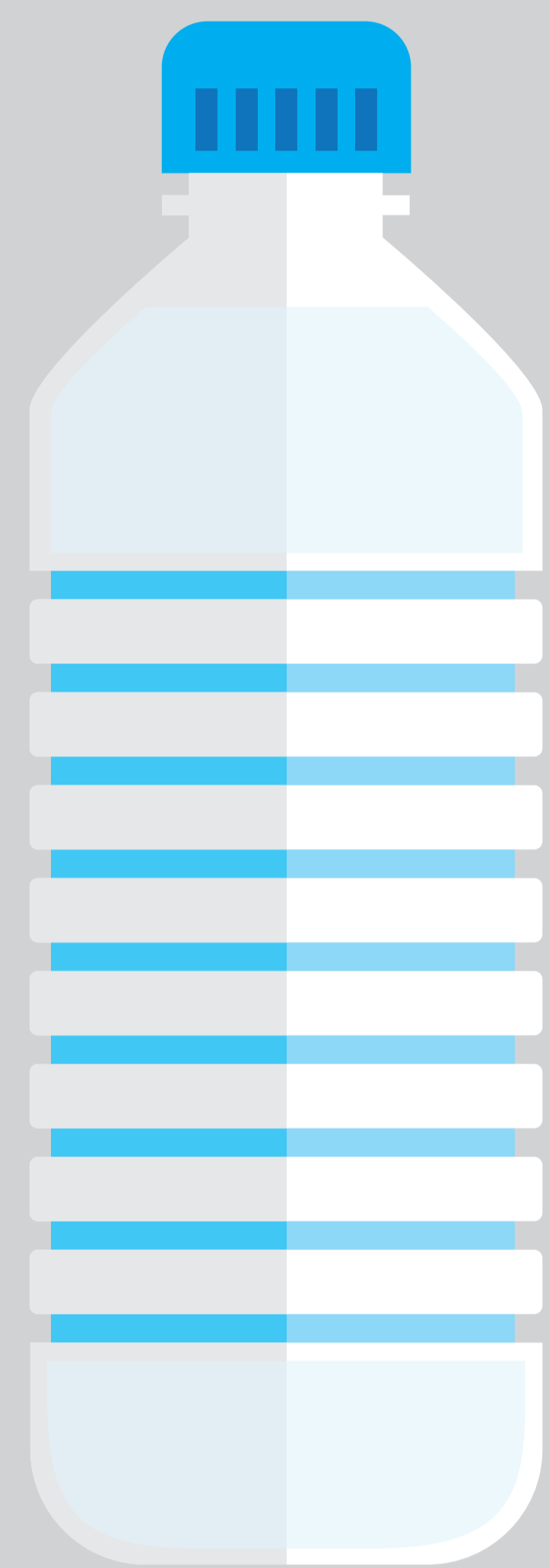


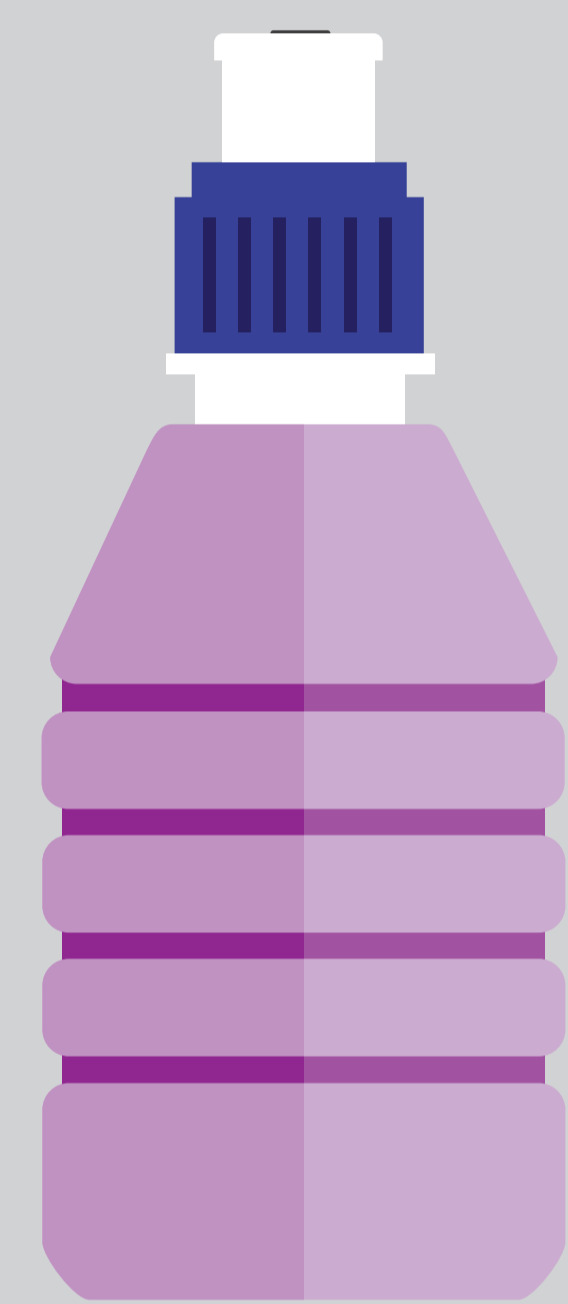
# RETHINK YOUR DRINK



**0g** SUGAR

Water 600ml

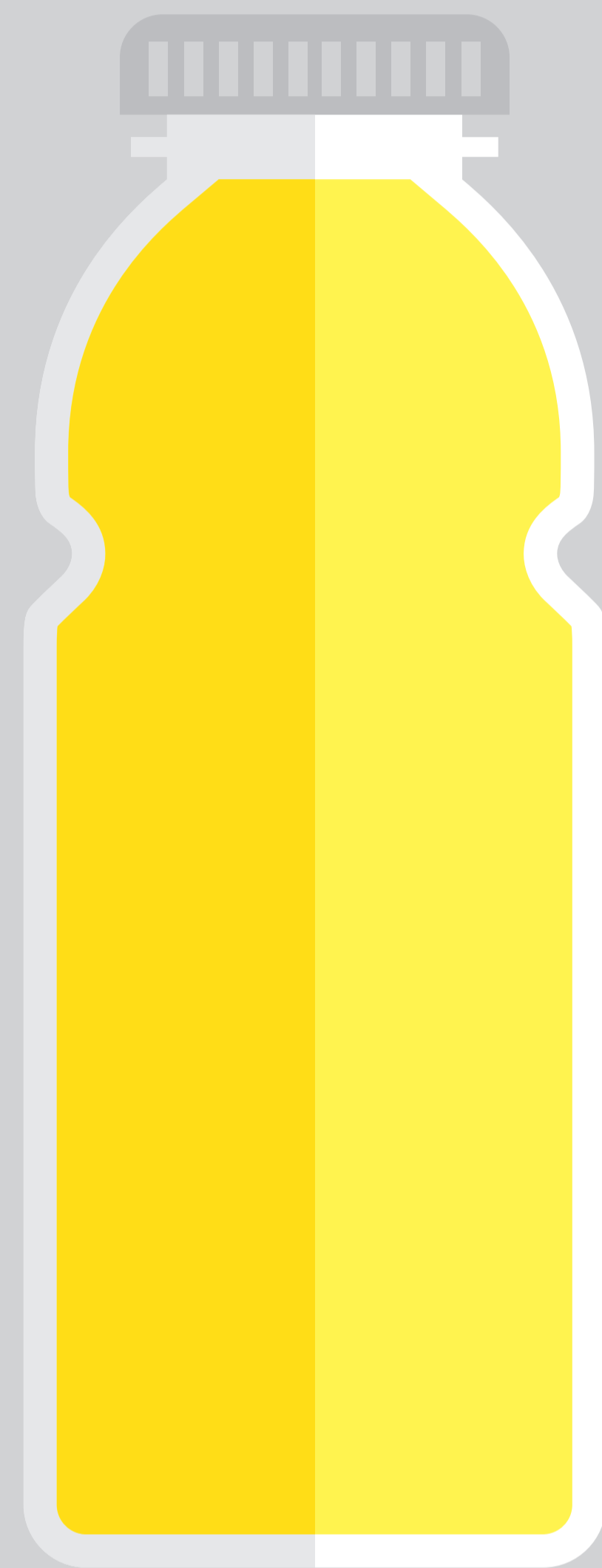
**0** teaspoons of sugar



**15g** SUGAR

Pop Top 250ml

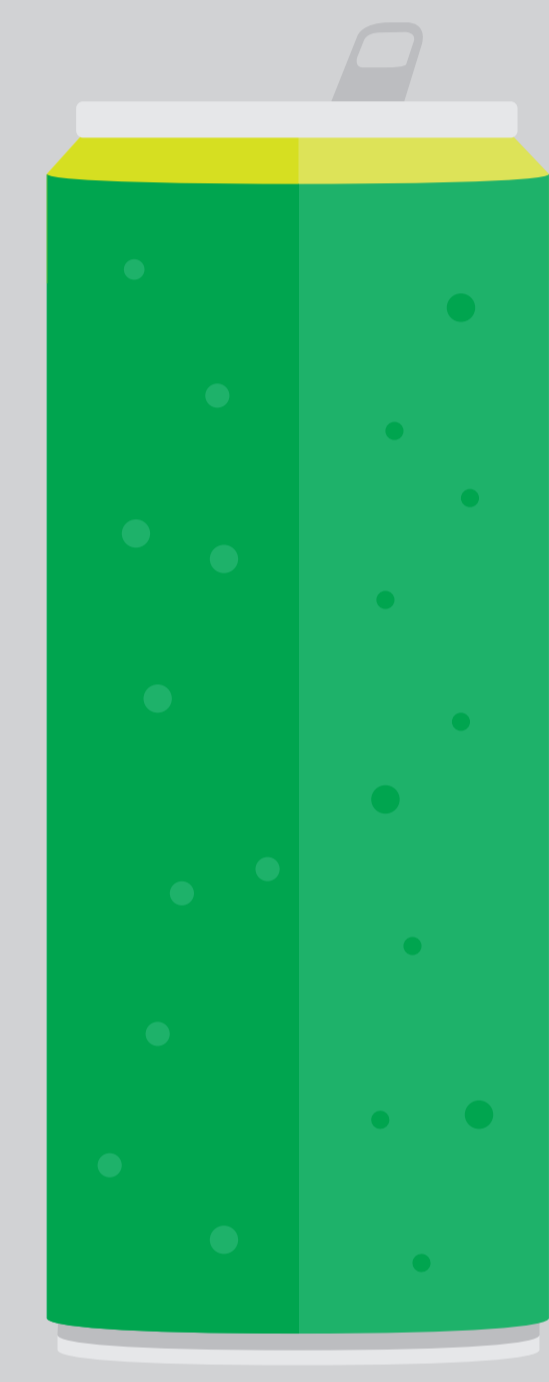
**4** teaspoons of sugar



**22g** SUGAR

Vitamin Water 500ml

**5** teaspoons of sugar



**27g** SUGAR

Energy drink 250ml

**6** teaspoons of sugar



**28g** SUGAR

Orange Juice 350ml

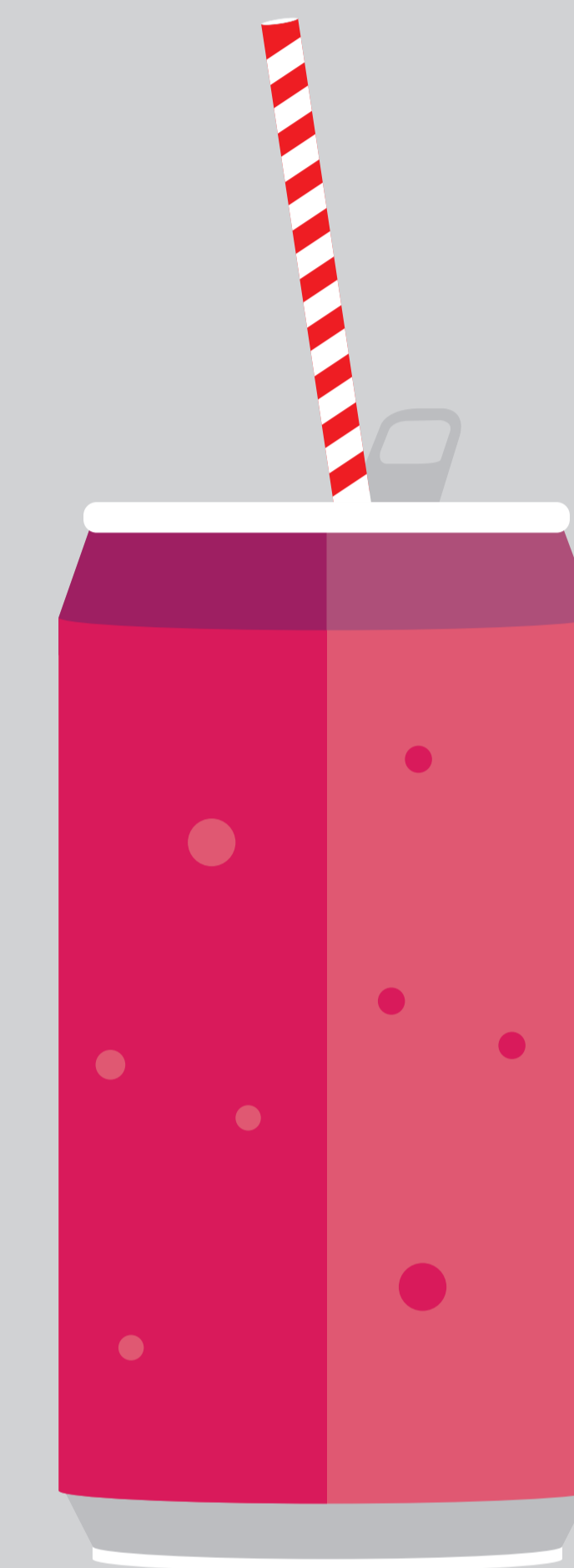
**7** teaspoons of sugar



**36g** SUGAR

Sports drink 600ml

**9** teaspoons of sugar



**41g** SUGAR

Soft drink 375ml

**10** teaspoons of sugar



**59g** SUGAR

Flavoured milk 600ml

**15** teaspoons of sugar



**64g** SUGAR

Cola 600ml

**16** teaspoons of sugar

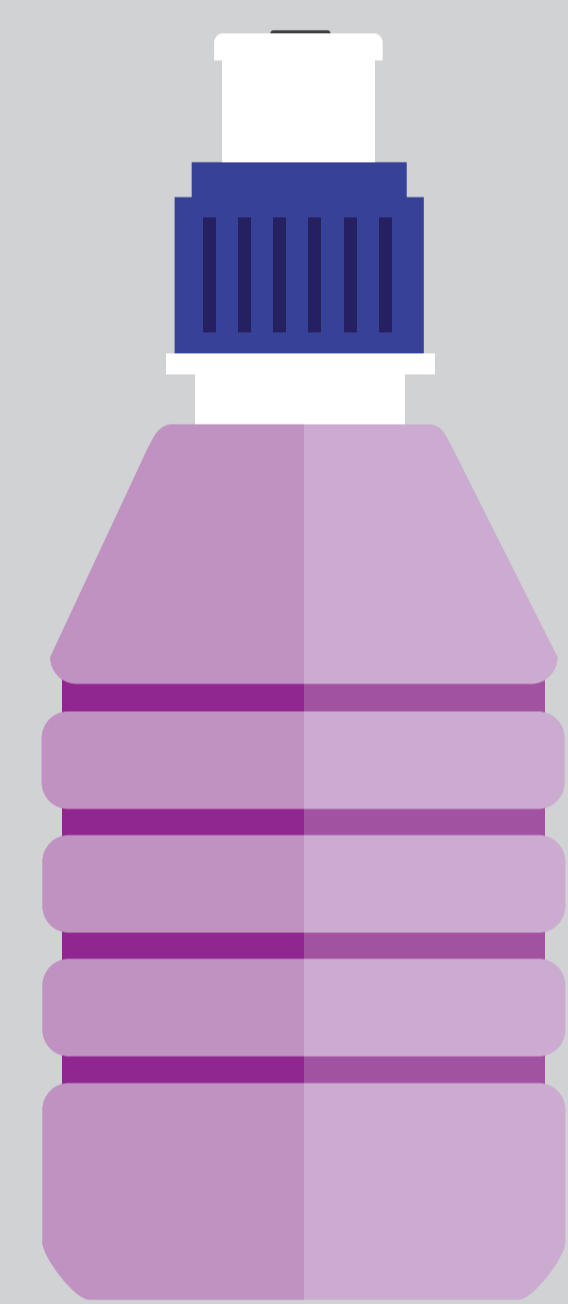
# RETHINK YOUR DRINK



**0g** SUGAR

**Water 600ml**

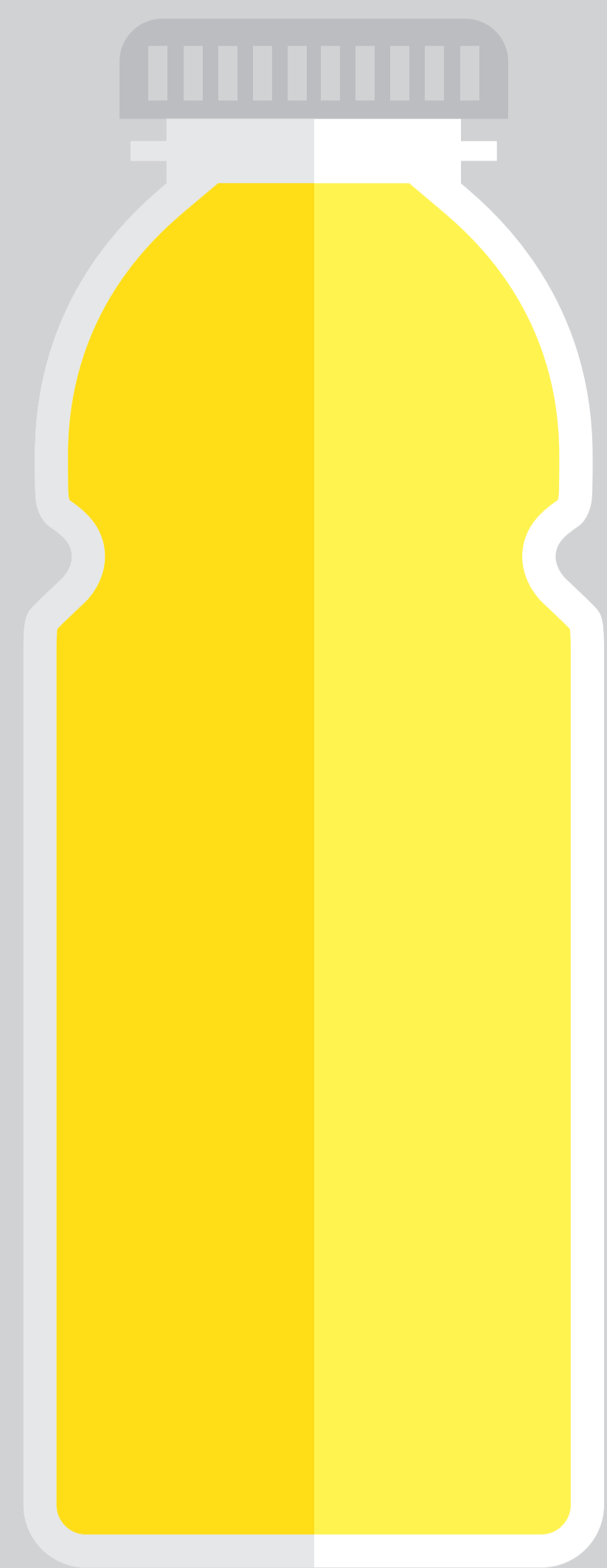
**0** teaspoons of sugar



**15g** SUGAR

**Pop Top 250ml**

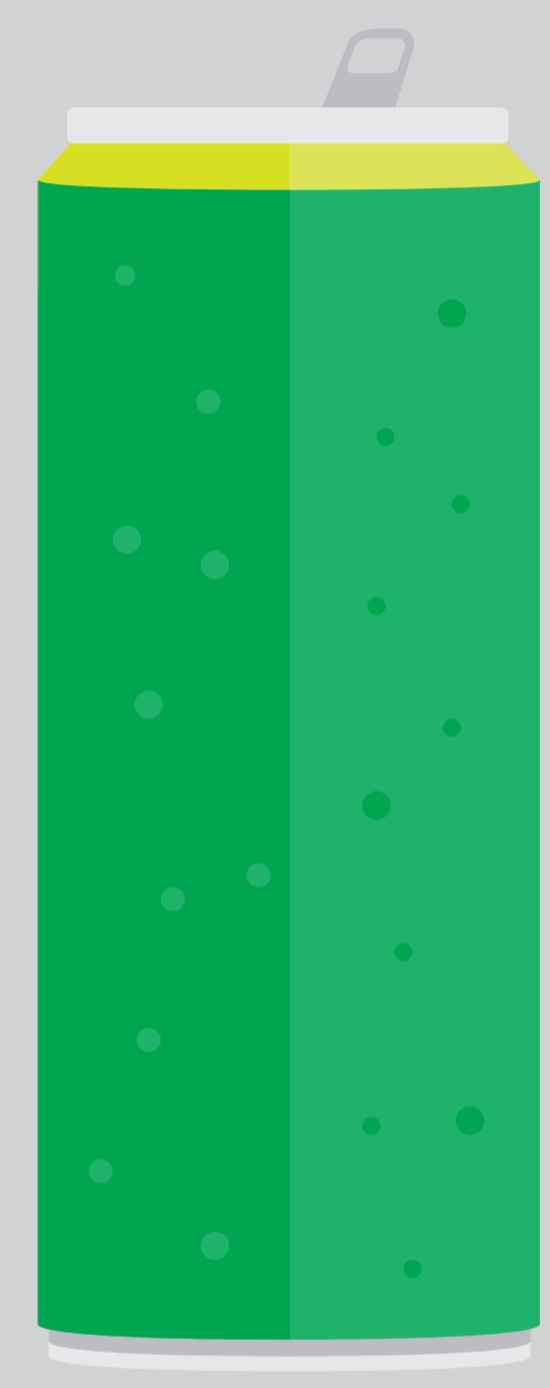
**4** teaspoons of sugar



**22g** SUGAR

**Vitamin Water 500ml**

**5** teaspoons of sugar



**27g** SUGAR

**Energy drink 250ml**

**6** teaspoons of sugar



**28g** SUGAR

**Orange Juice 350ml**

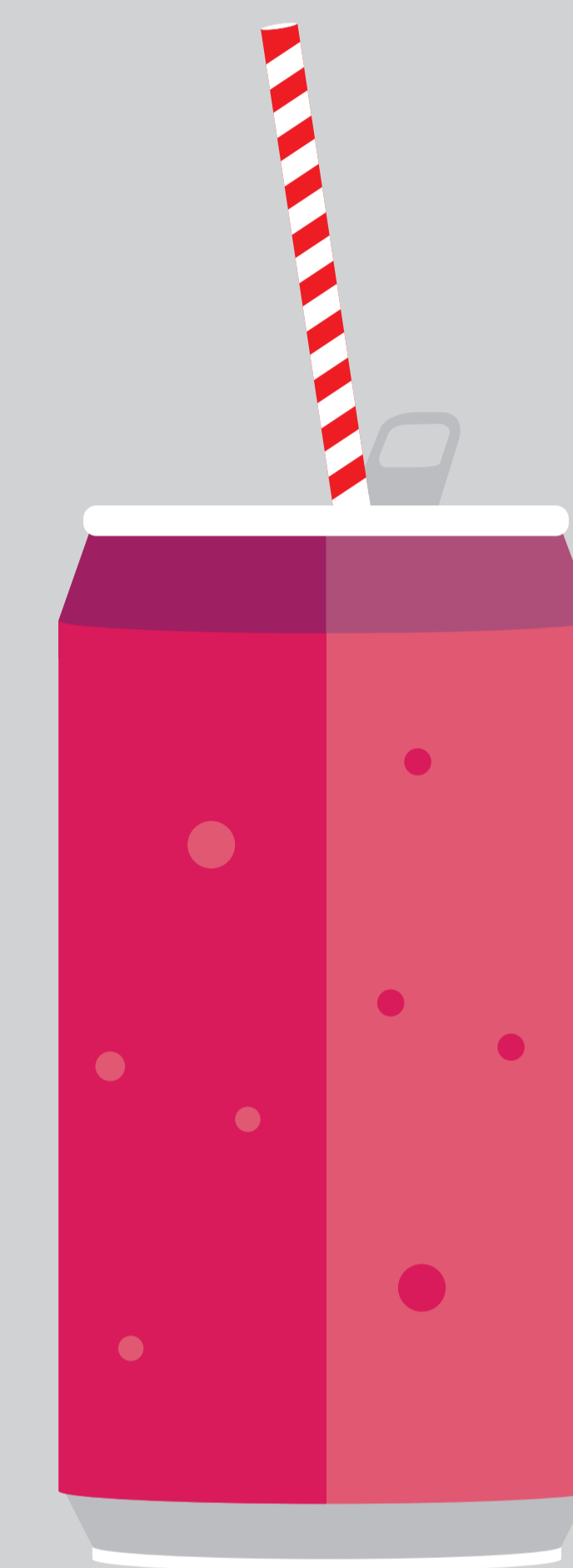
**7** teaspoons of sugar



**36g** SUGAR

**Sports drink 600ml**

**9** teaspoons of sugar



**41g** SUGAR

**Soft drink 375ml**

**10** teaspoons of sugar



**59g** SUGAR

**Flavoured milk 600ml**

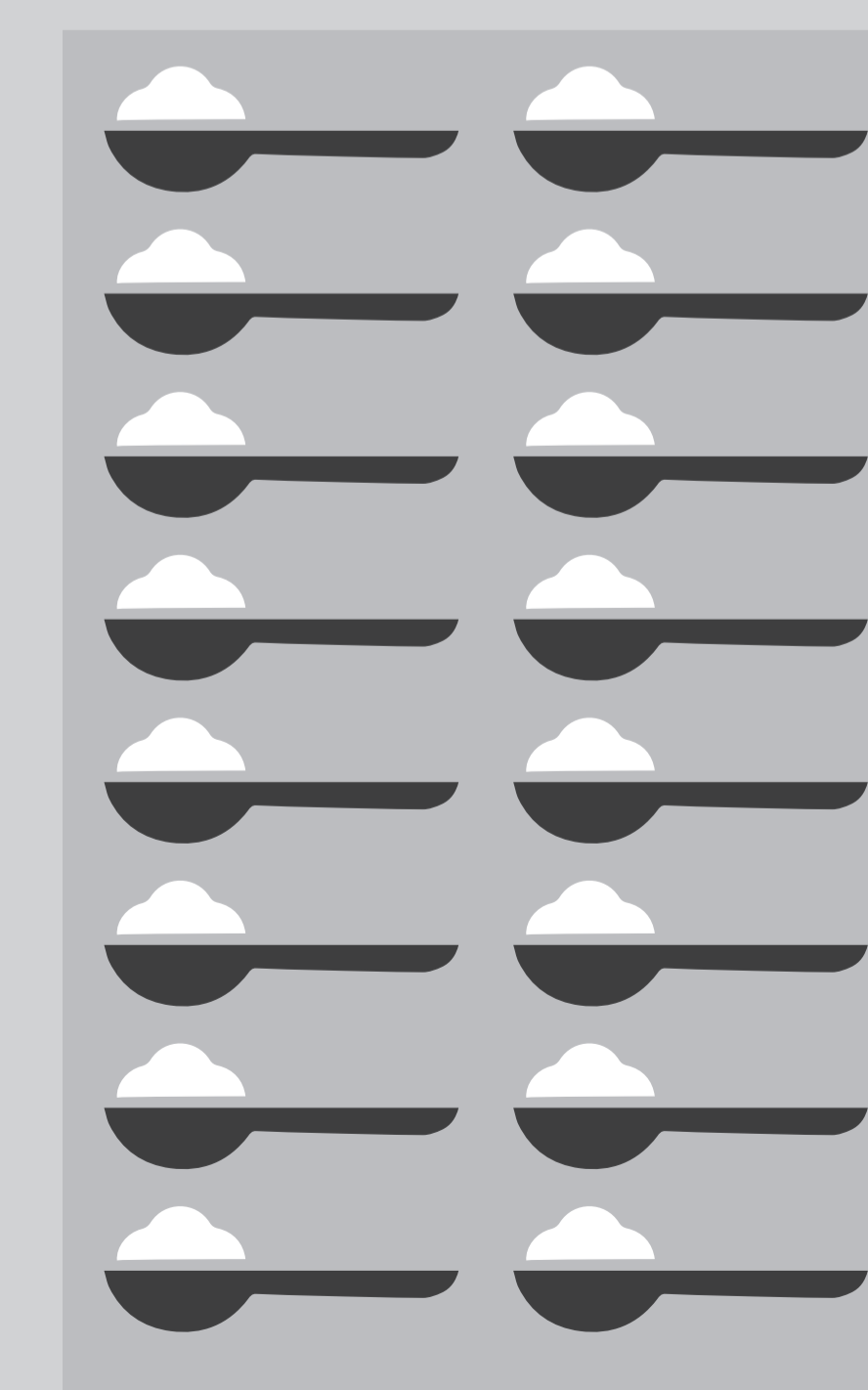
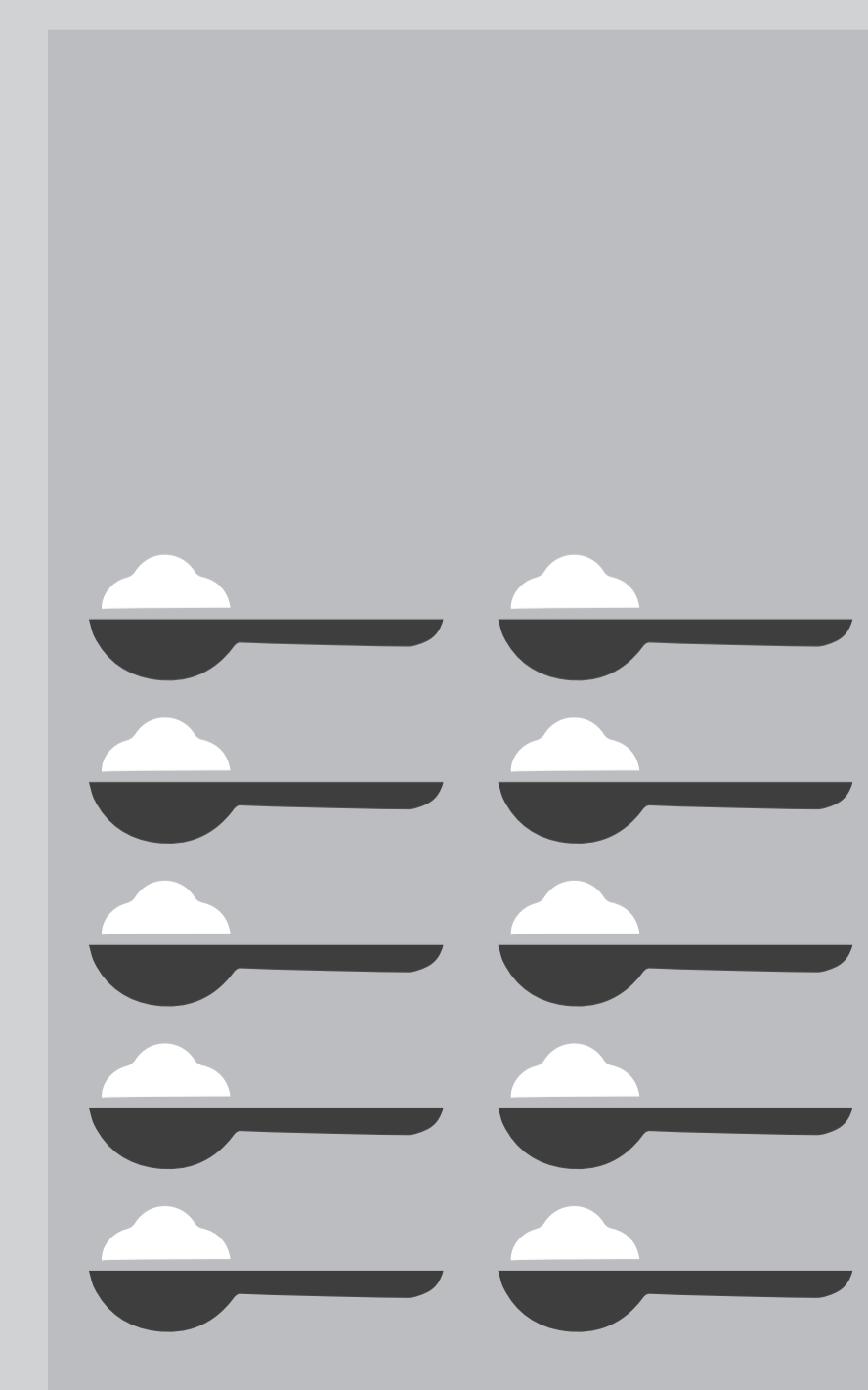
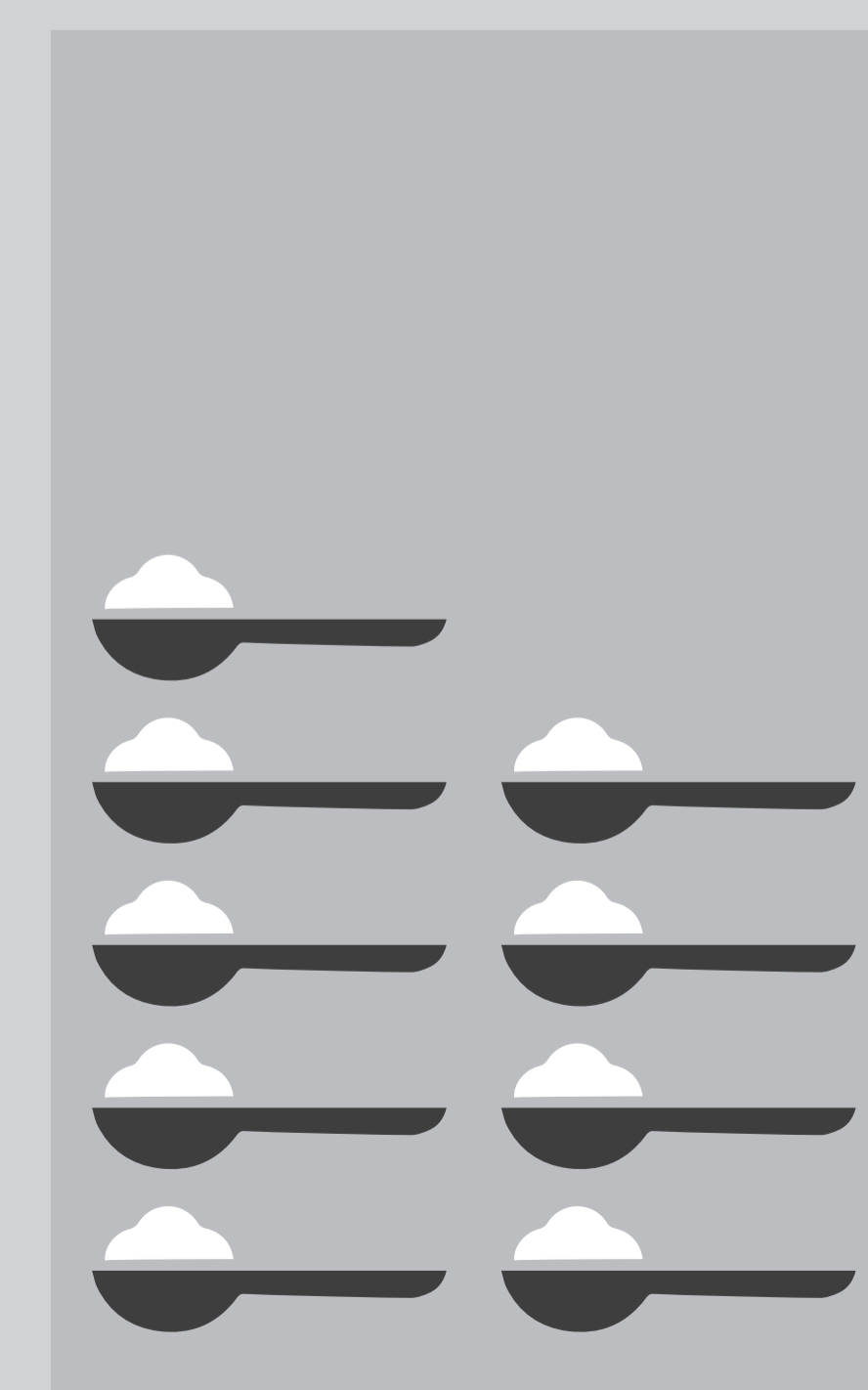
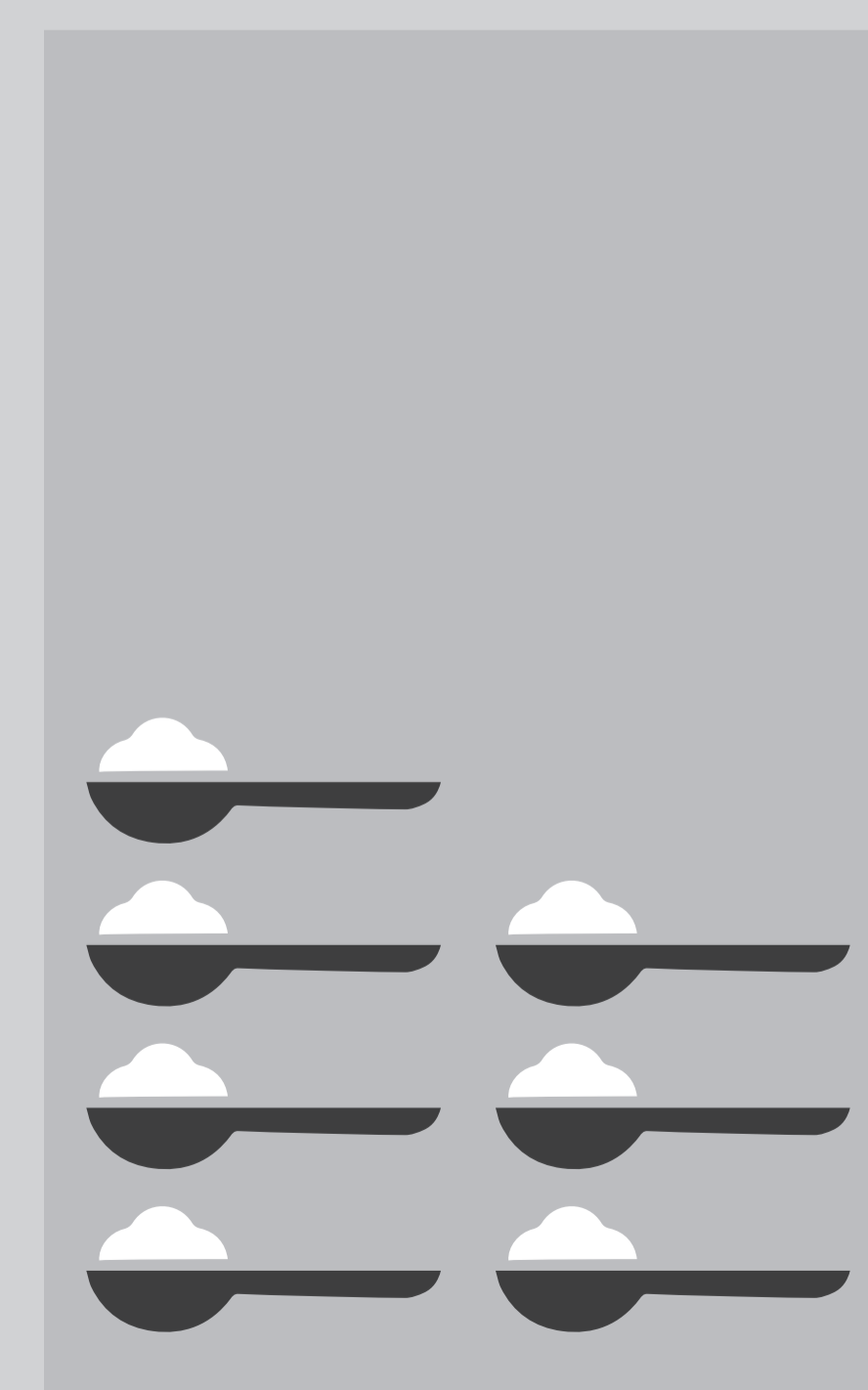
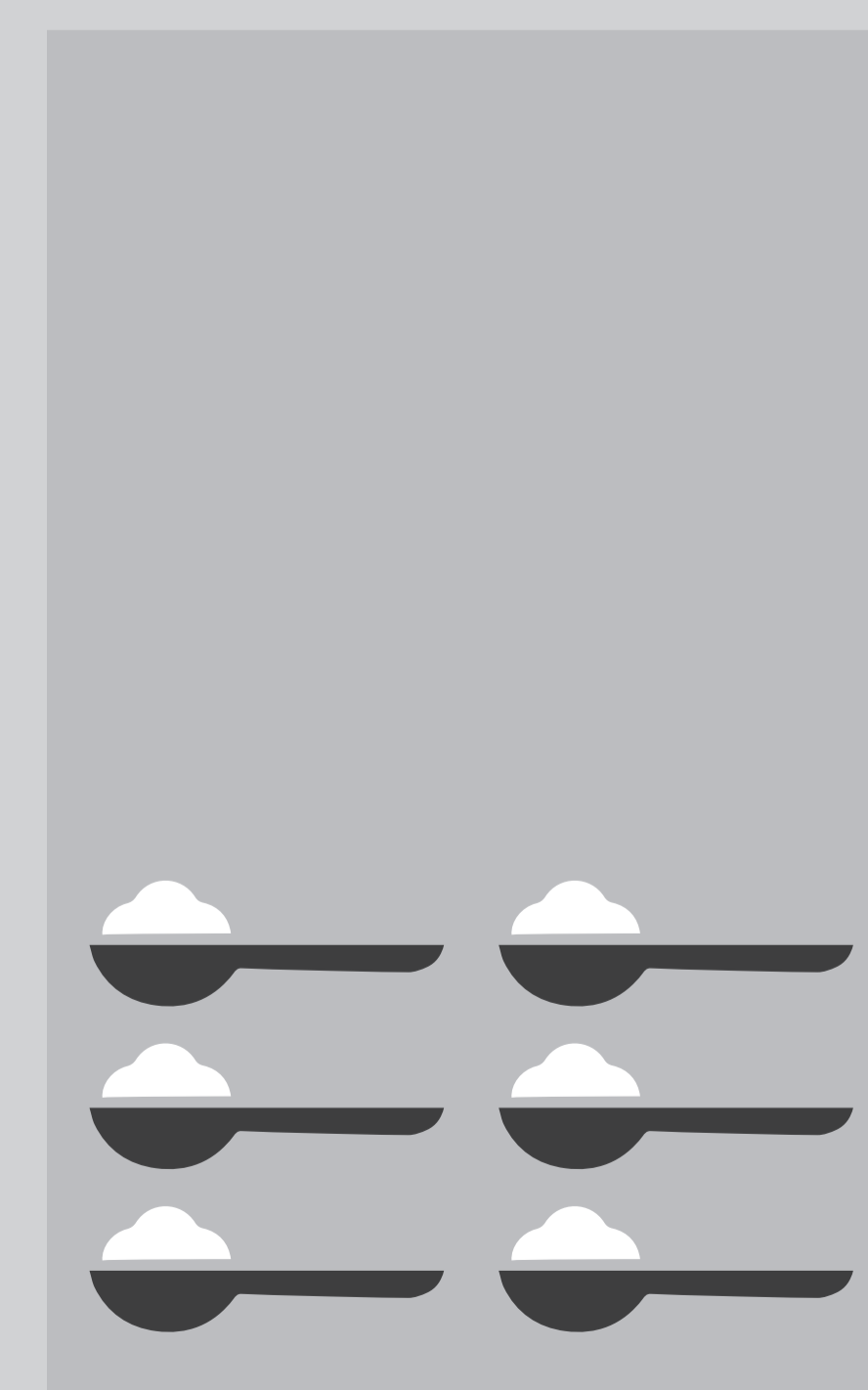
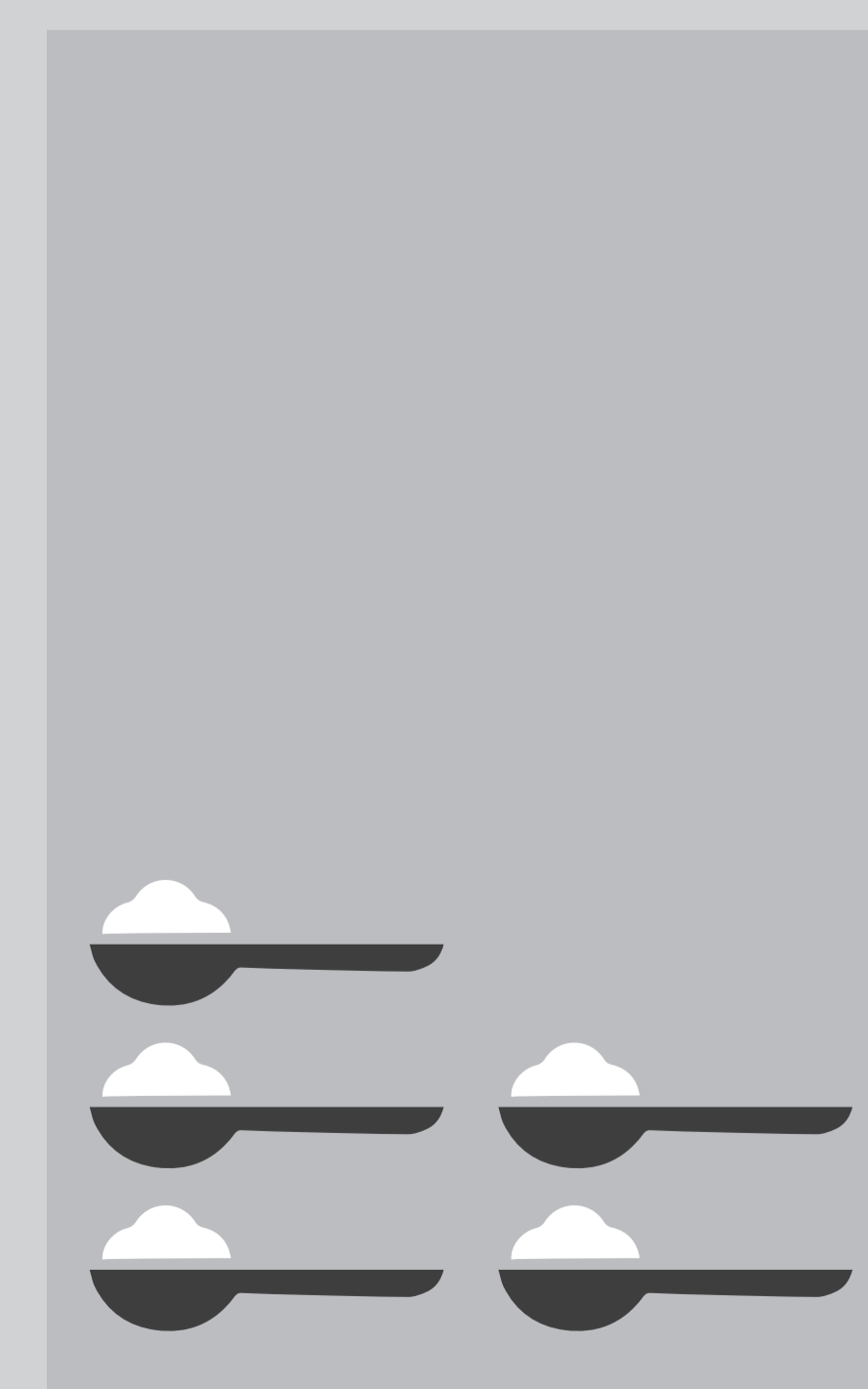
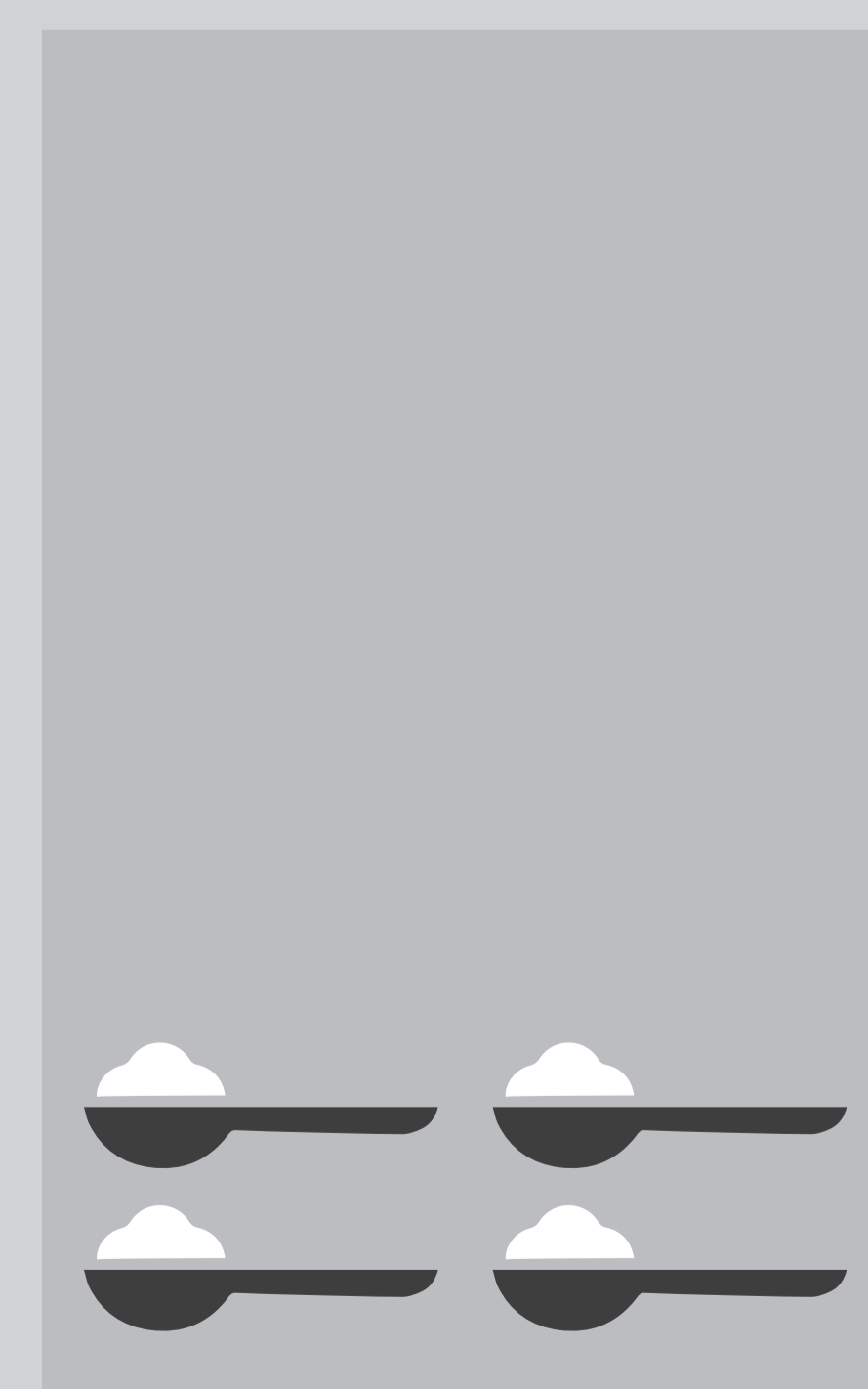
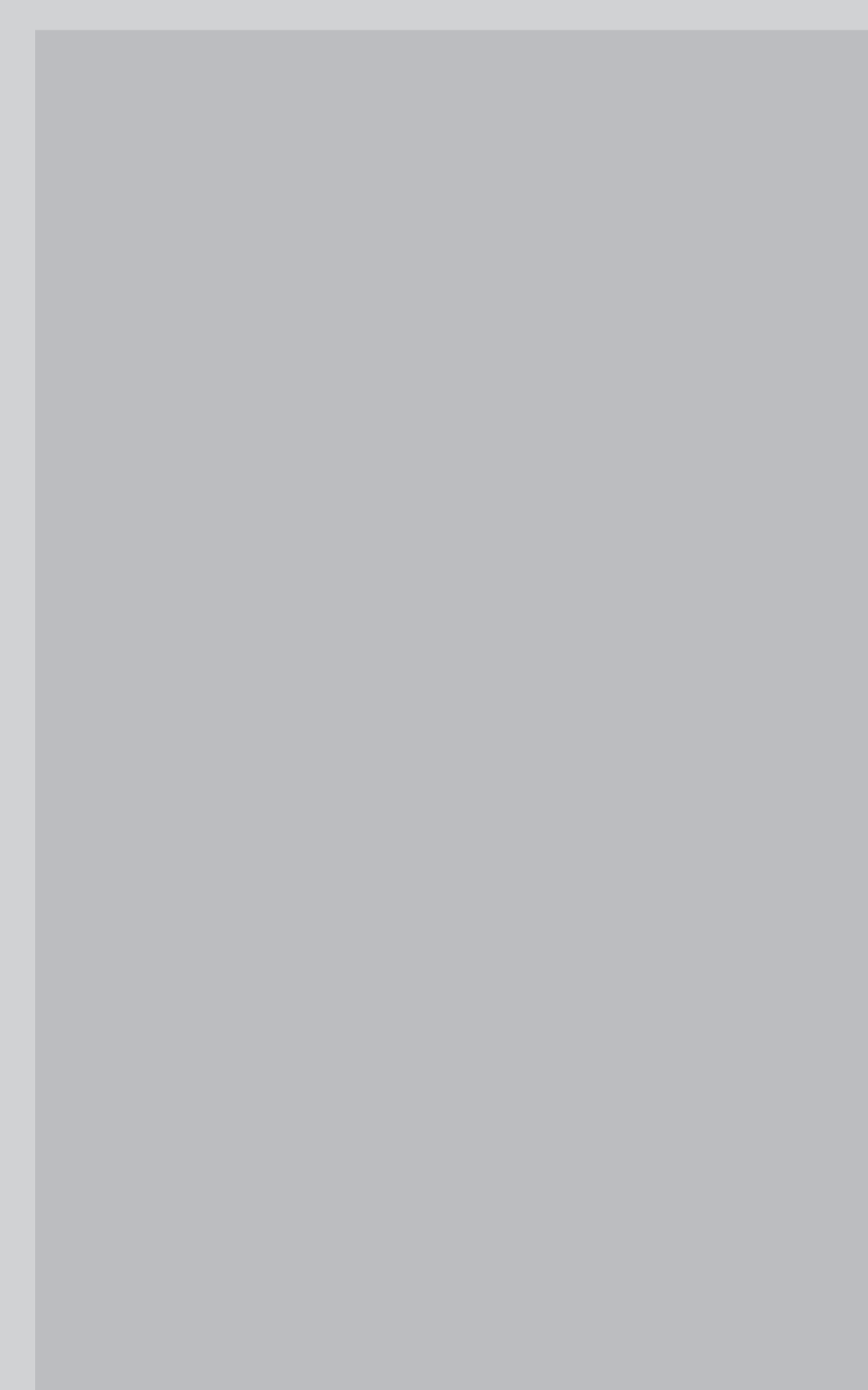
**15** teaspoons of sugar



**64g** SUGAR

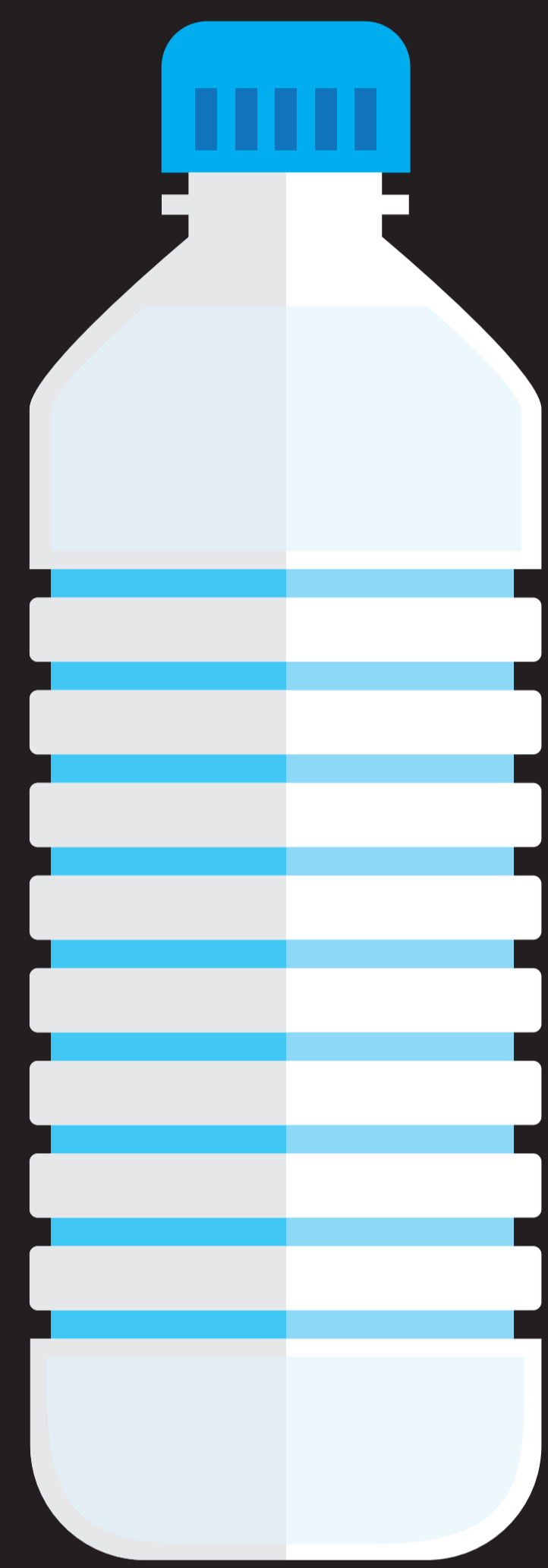
**Cola 600ml**

**16** teaspoons of sugar



Please note these are estimates only, different flavoured drinks may vary. Always look at your nutrition labels for more accurate information.

# OUR MOB IS SWEET ENOUGH!



**0g** SUGAR

Water 600ml

**0** teaspoons of sugar



**15g** SUGAR

Pop Top 250ml

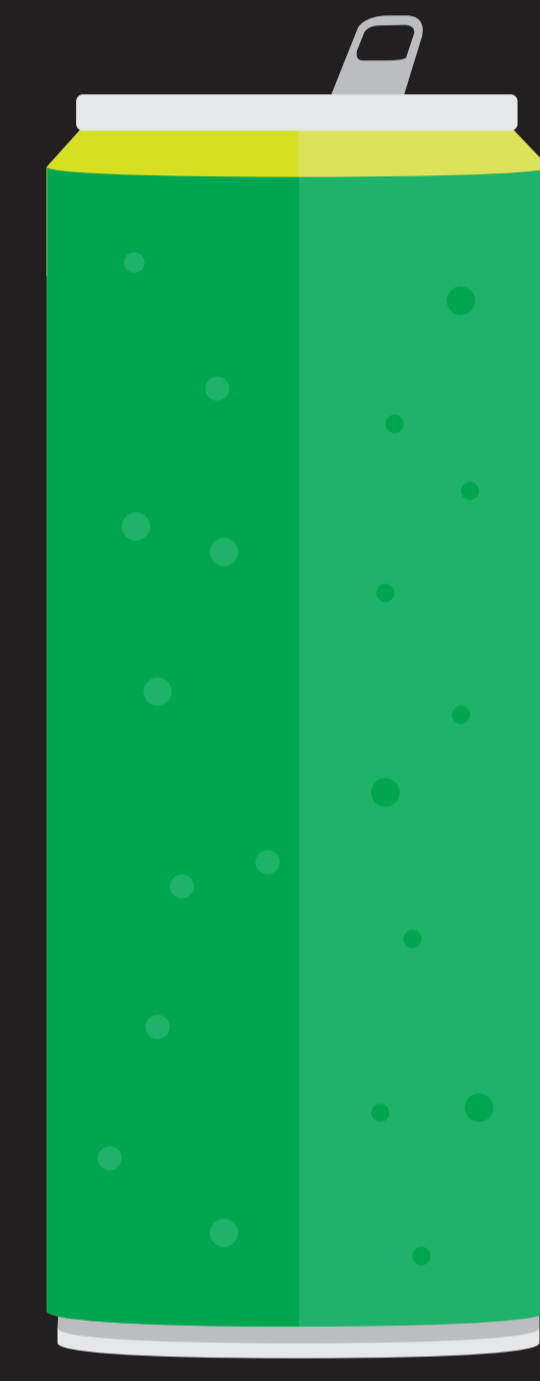
**4** teaspoons of sugar



**22g** SUGAR

Vitamin Water 500ml

**5** teaspoons of sugar



**27g** SUGAR

Energy drink 250ml

**6** teaspoons of sugar



**28g** SUGAR

Orange Juice 350ml

**7** teaspoons of sugar



**36g** SUGAR

Sports drink 600ml

**9** teaspoons of sugar



**41g** SUGAR

Soft drink 375ml

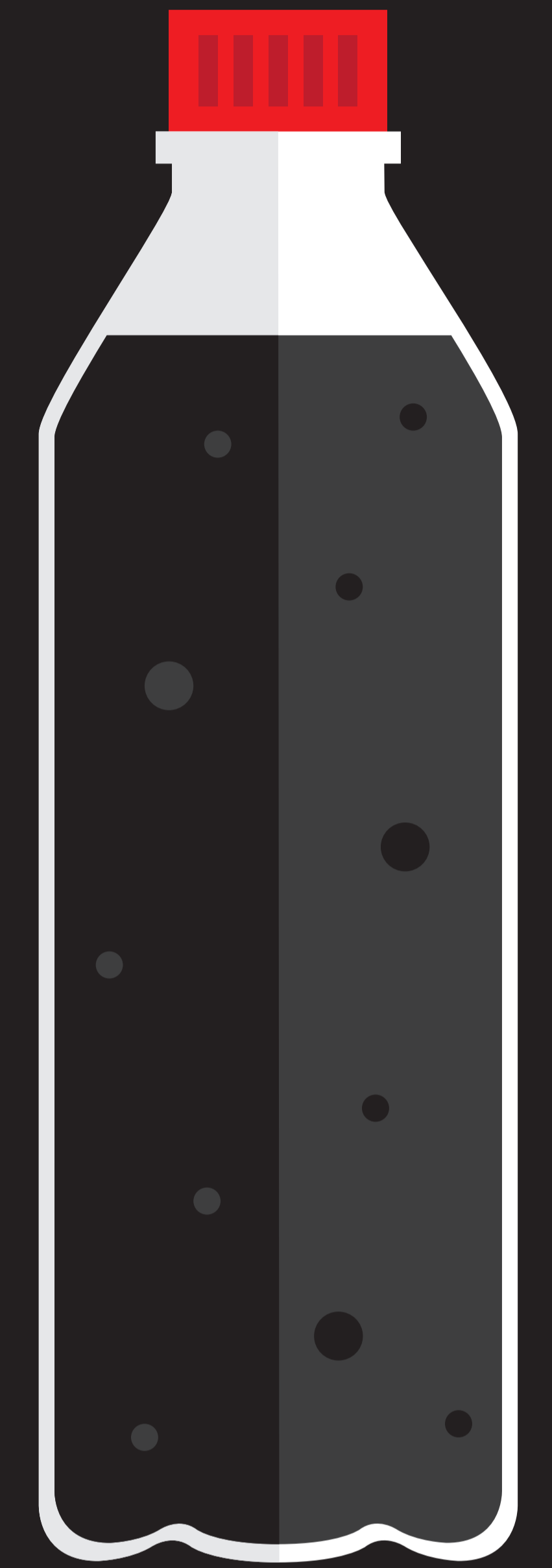
**10** teaspoons of sugar



**59g** SUGAR

Flavoured milk 600ml

**15** teaspoons of sugar



**64g** SUGAR

Cola 600ml

**16** teaspoons of sugar

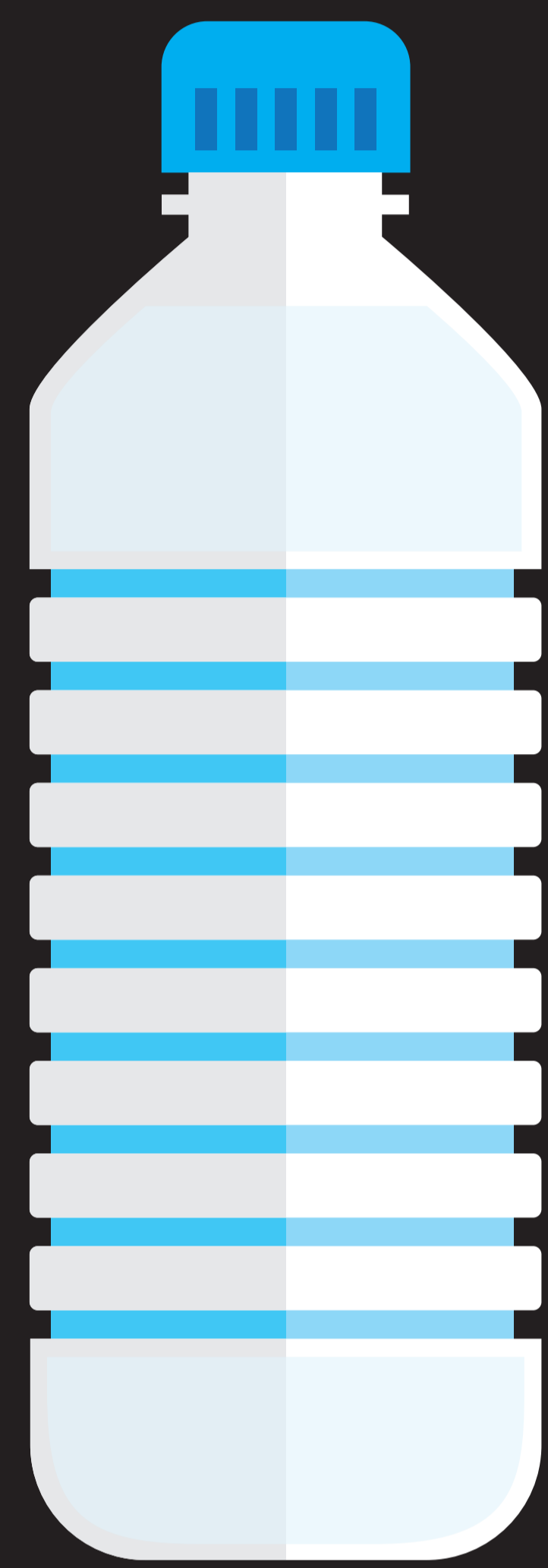
FOR MORE INFORMATION VISIT [RETHINKSUGARYDRINK.ORG.AU/KOORI](http://RETHINKSUGARYDRINK.ORG.AU/KOORI)

#DRINKWATERUMOB

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# OUR MOB IS SWEET ENOUGH!



**0g** SUGAR

Water 600ml

**0** teaspoons of sugar



**15g** SUGAR

Pop Top 250ml

**4** teaspoons of sugar



**22g** SUGAR

Vitamin Water 500ml

**5** teaspoons of sugar



**27g** SUGAR

Energy drink 250ml

**6** teaspoons of sugar



**28g** SUGAR

Orange Juice 350ml

**7** teaspoons of sugar



**36g** SUGAR

Sports drink 600ml

**9** teaspoons of sugar



**41g** SUGAR

Soft drink 375ml

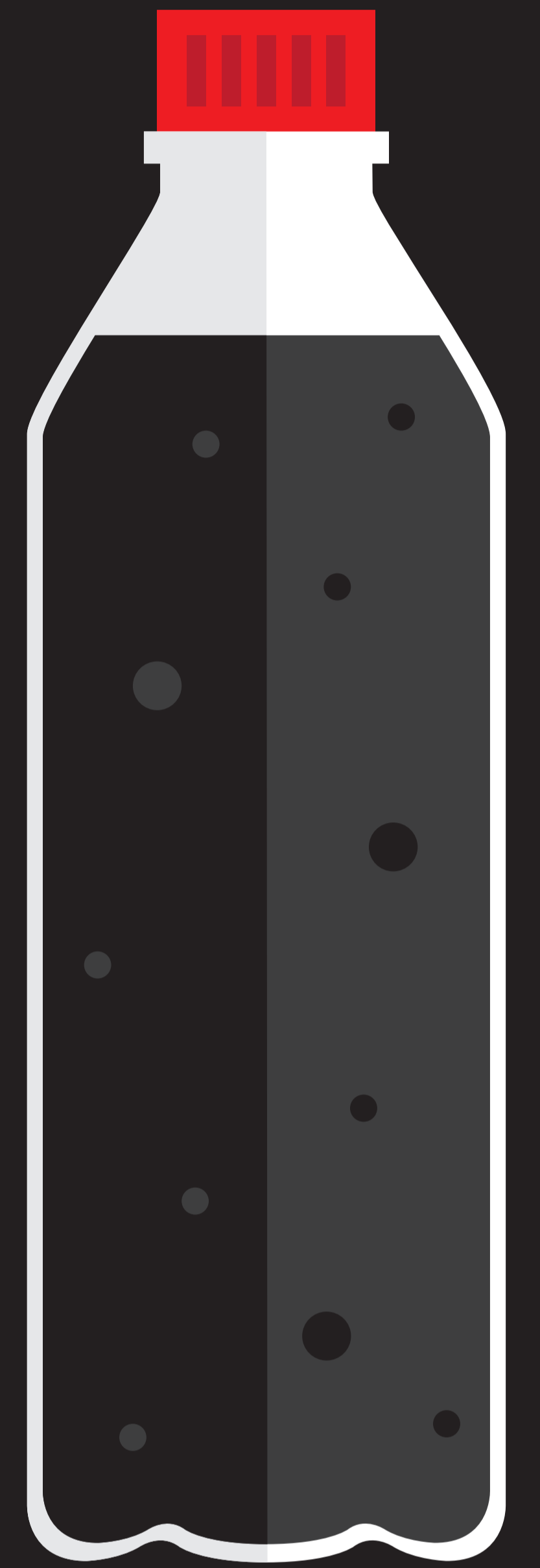
**10** teaspoons of sugar



**59g** SUGAR

Flavoured milk 600ml

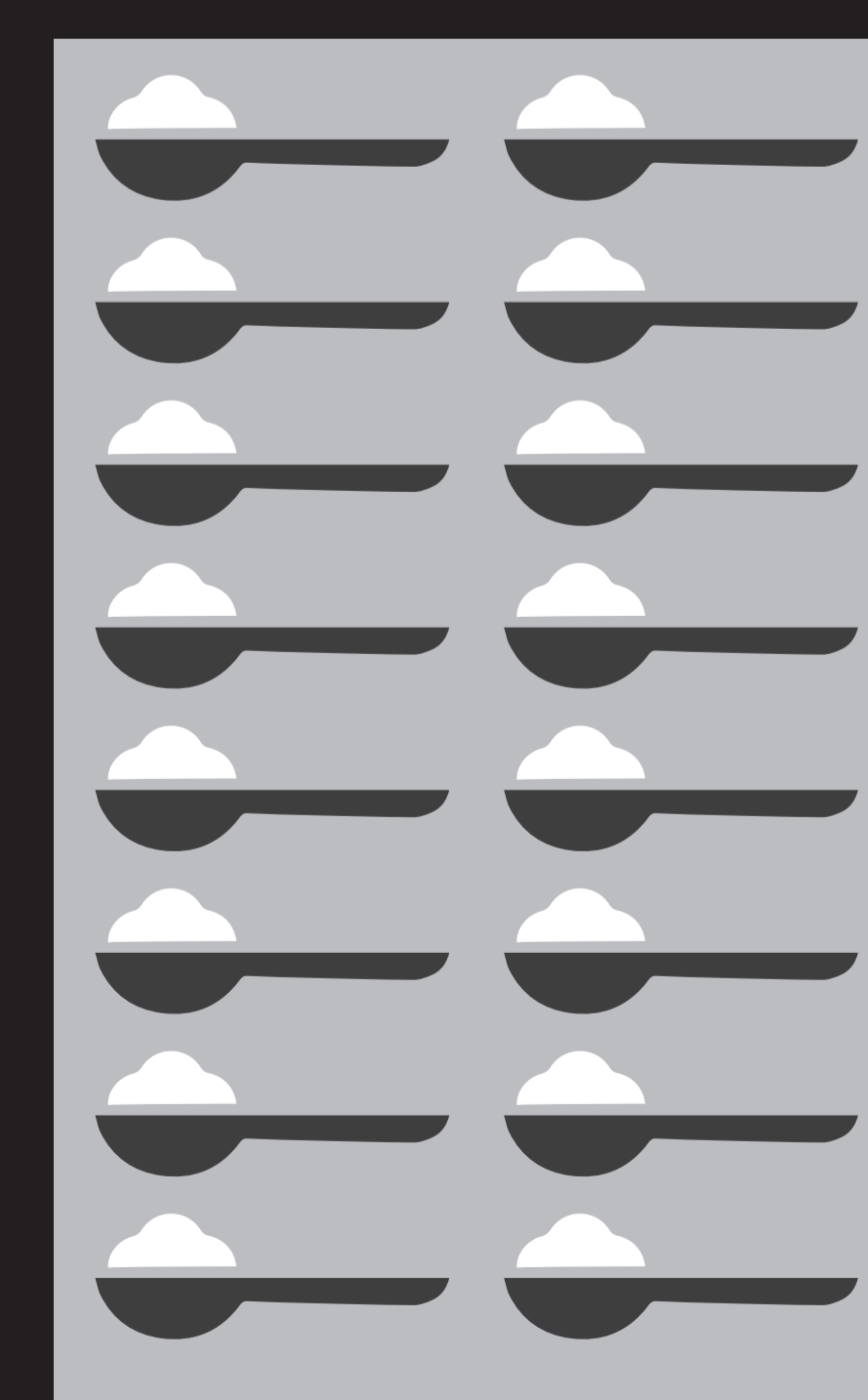
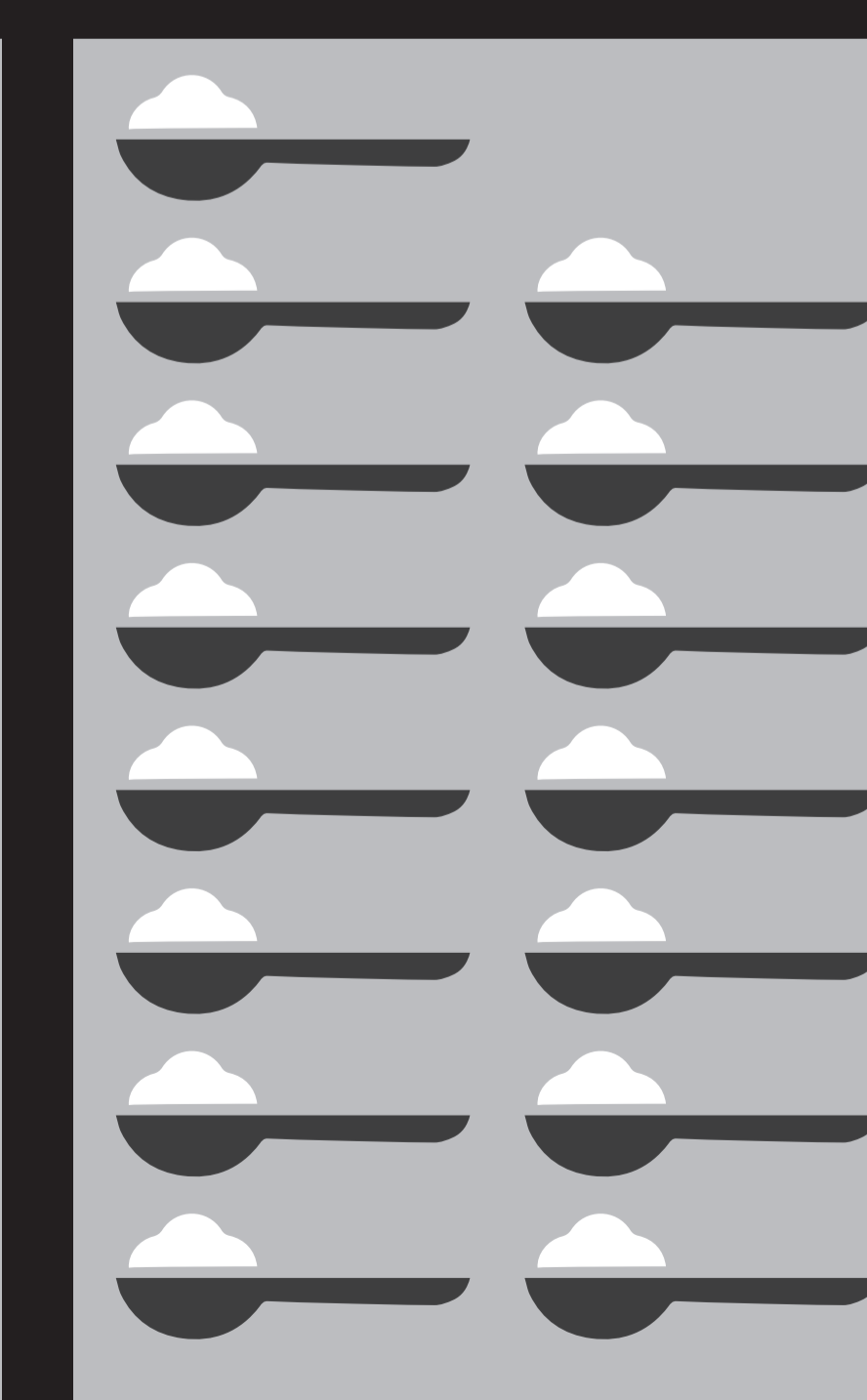
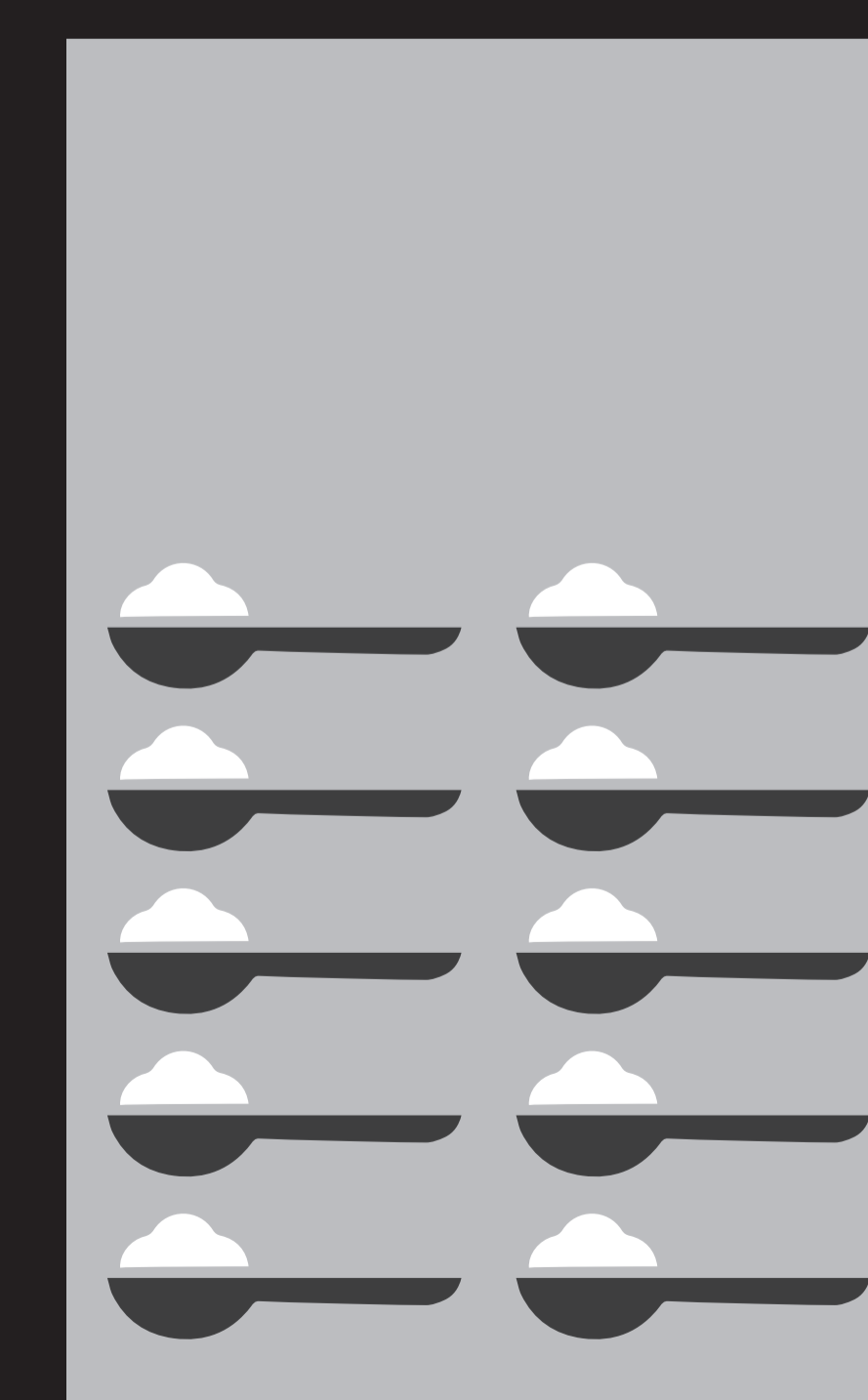
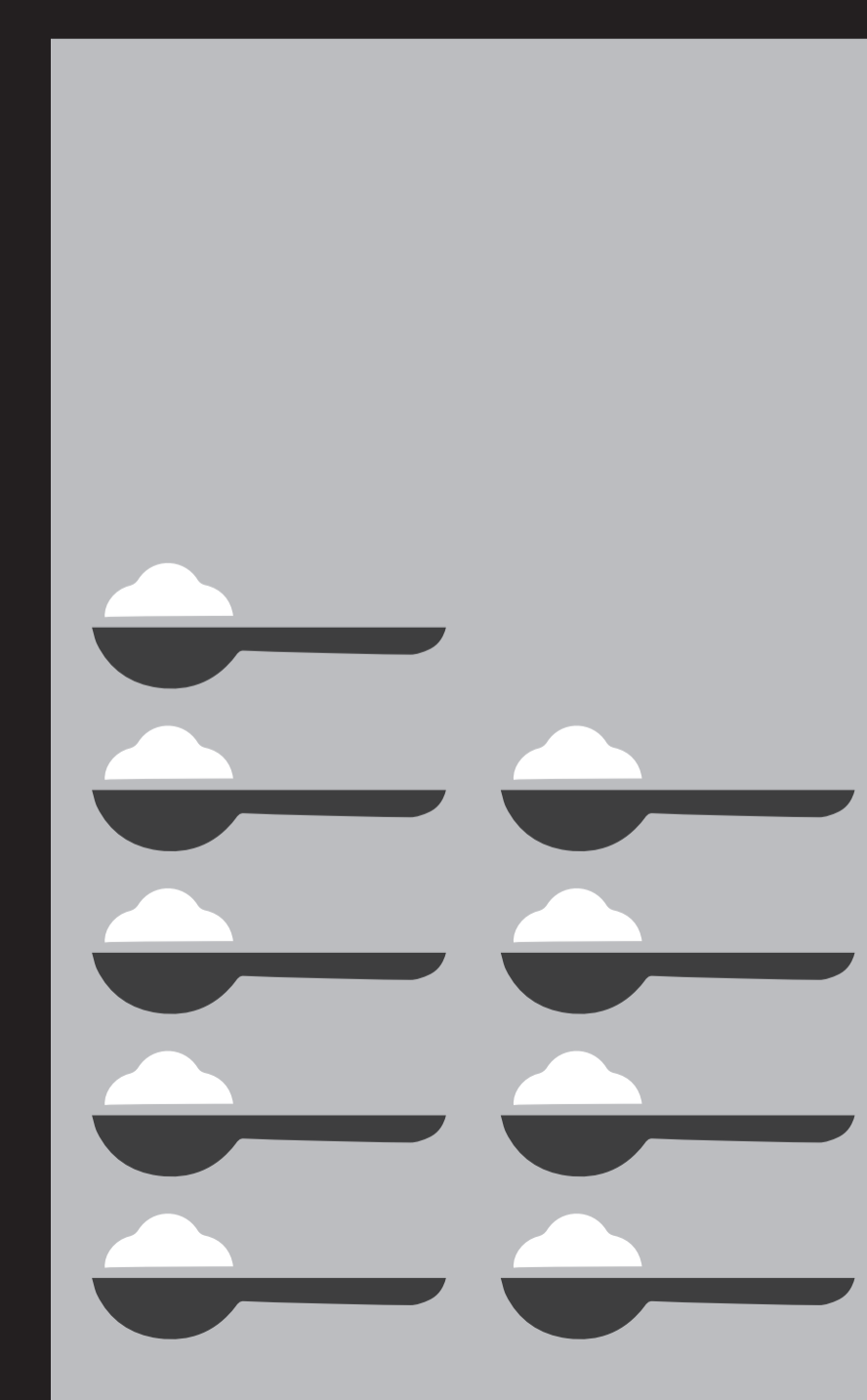
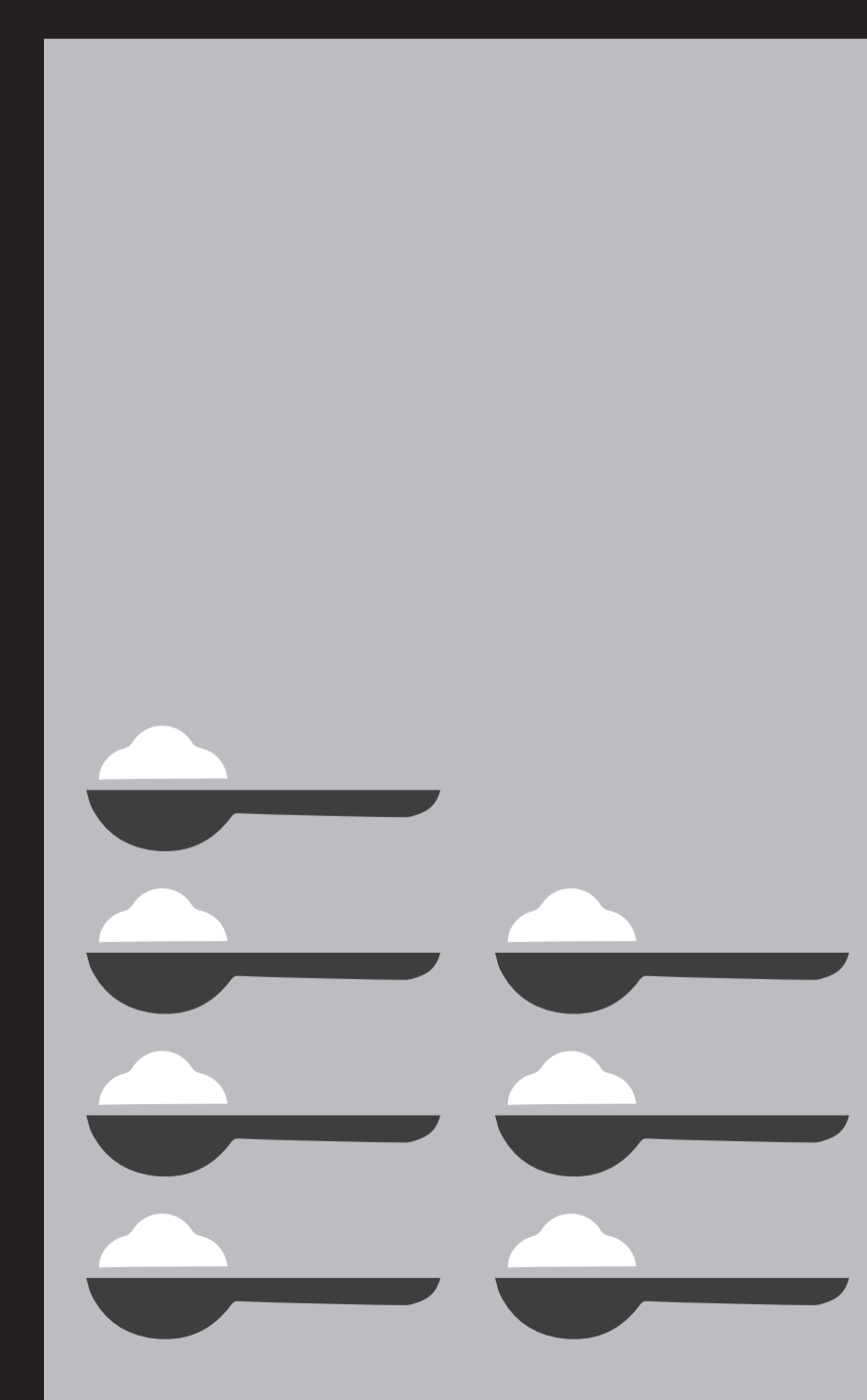
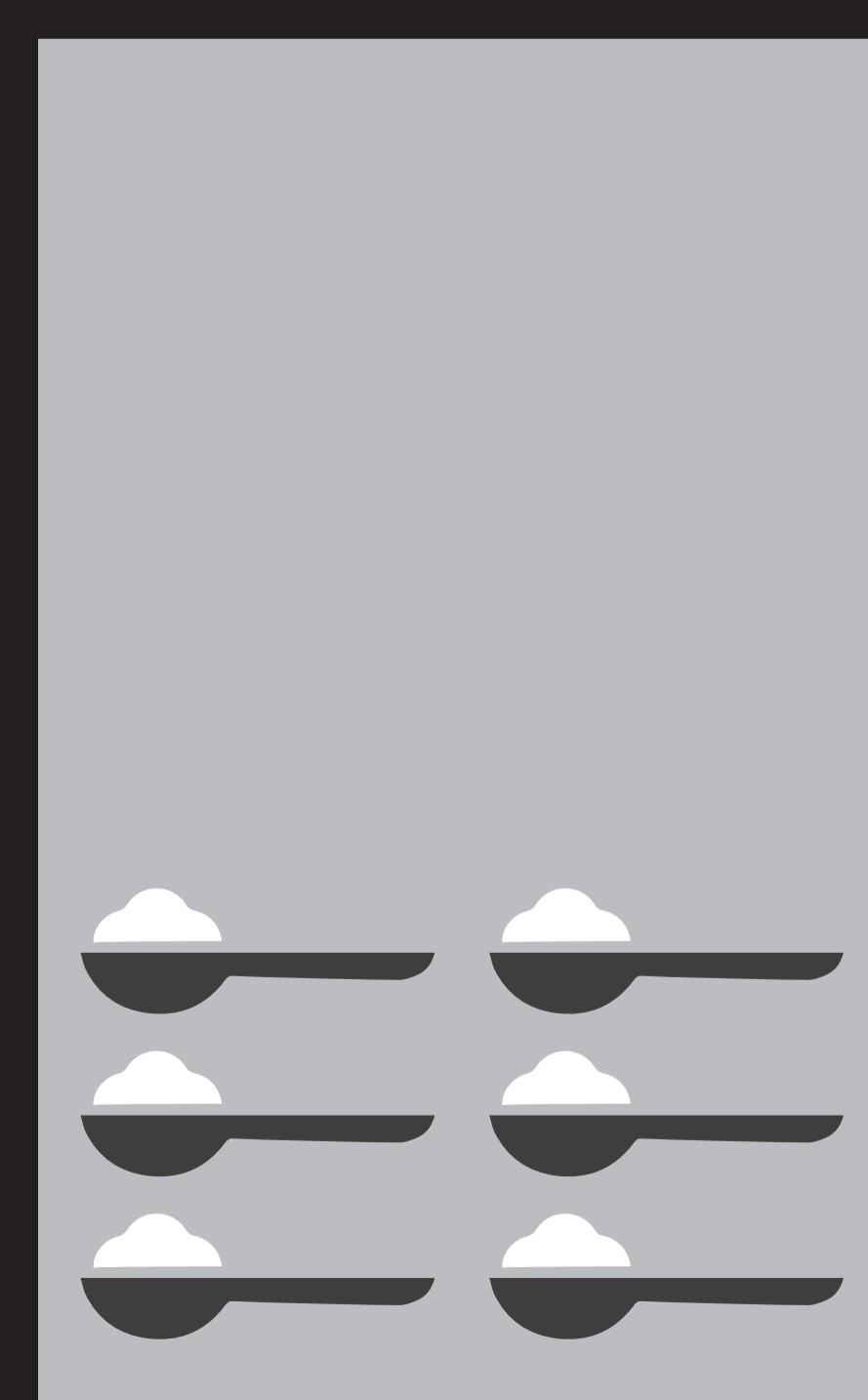
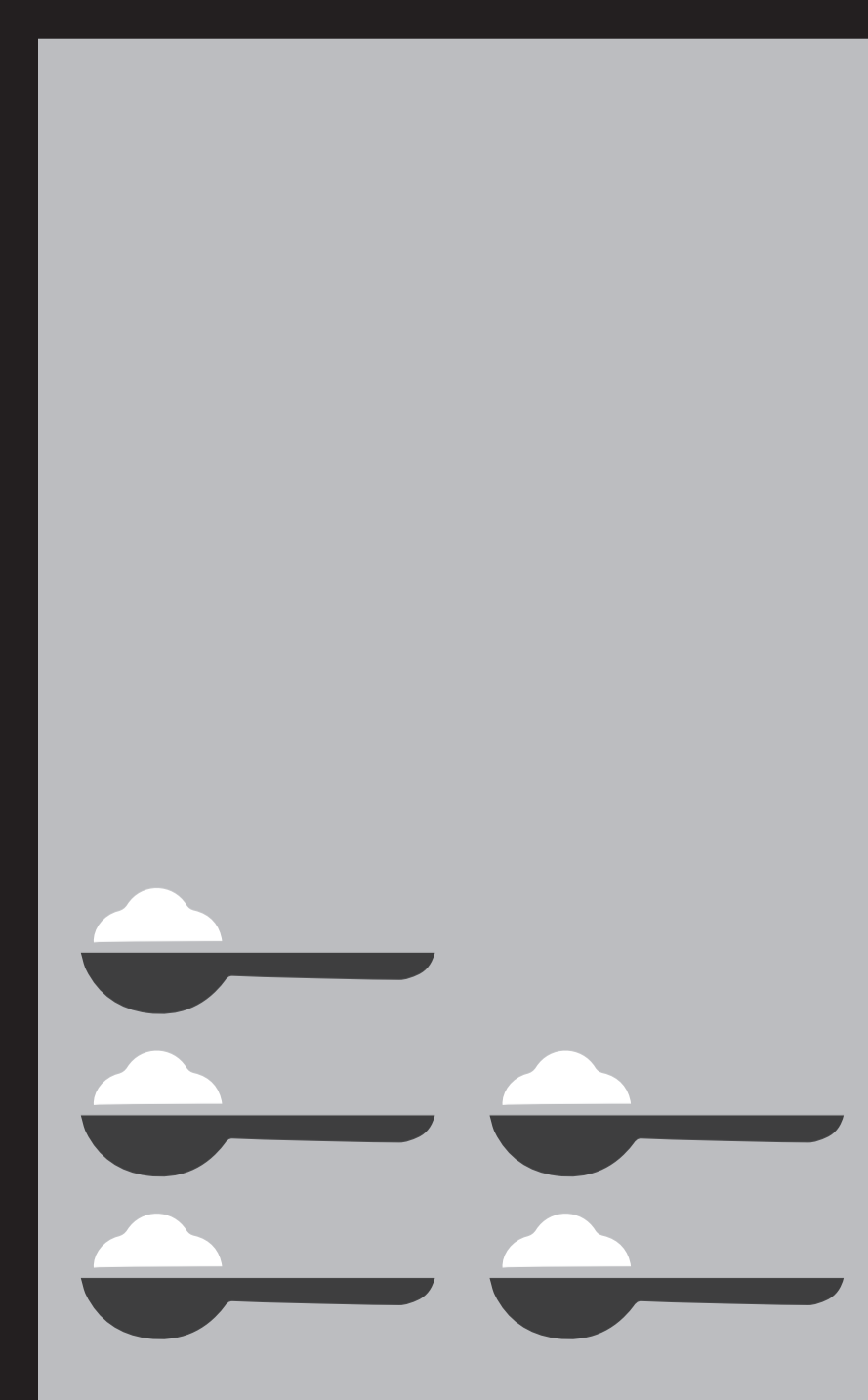
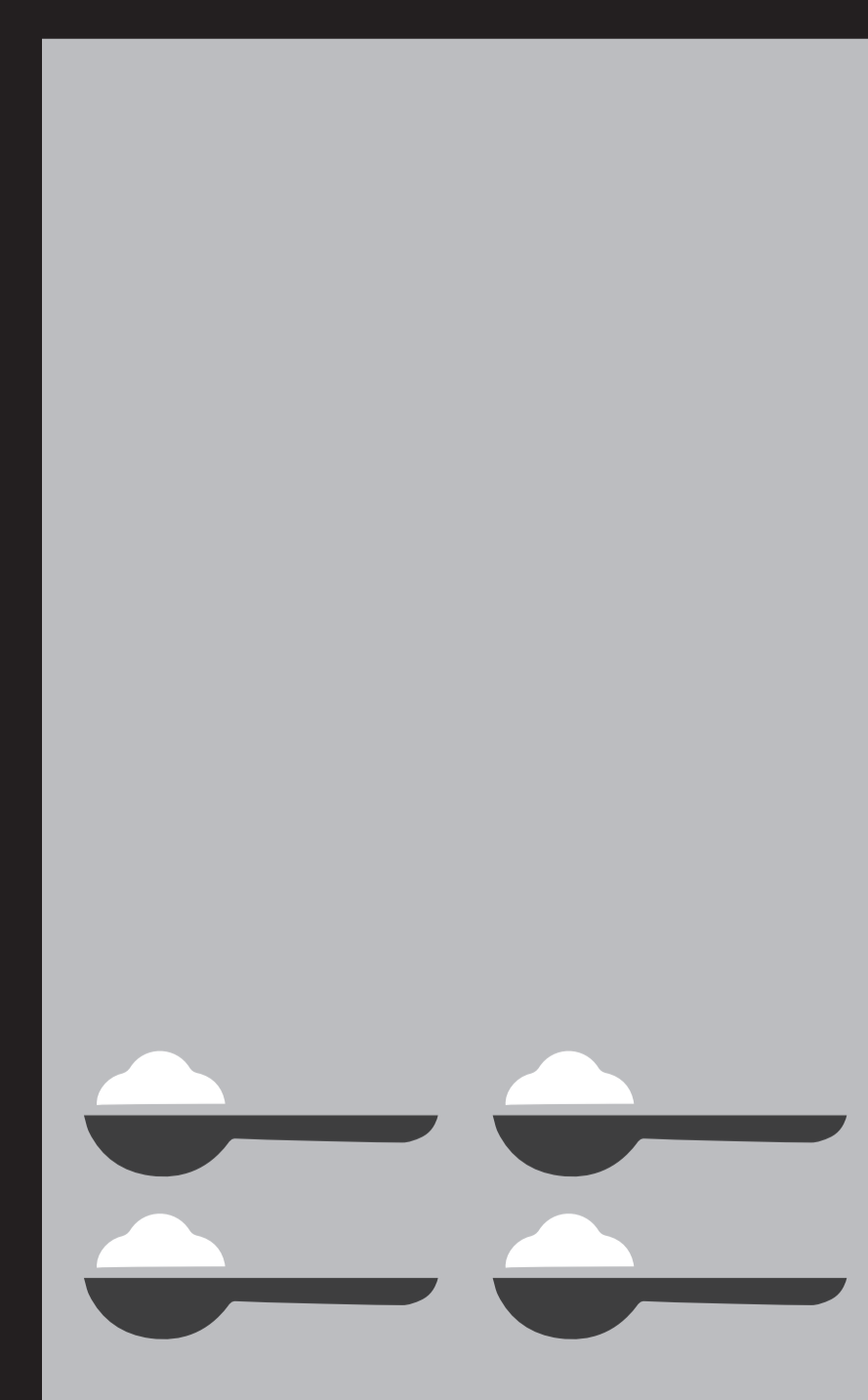
**15** teaspoons of sugar



**64g** SUGAR

Cola 600ml

**16** teaspoons of sugar



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