

TIME TO RETHINK SUGARY 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

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

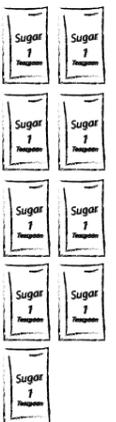


1.28 BILLION LITRES

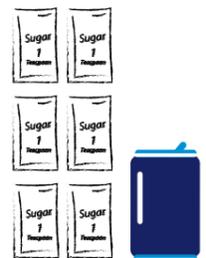
THE AMOUNT OF CARBONATED/STILL DRINKS BOUGHT IN 2012

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 PACKS OF SUGAR IN 600ML SPORTS DRINK



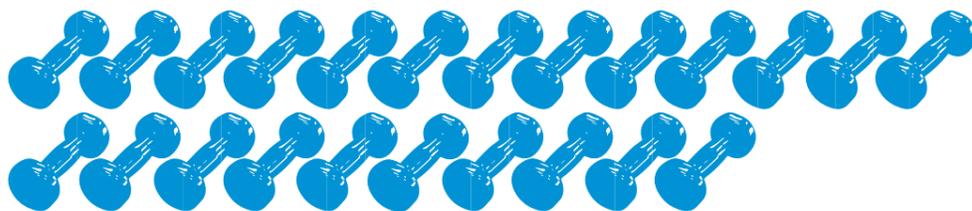
6 PACKS OF SUGAR IN 250ML ENERGY DRINK



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If you drink 1 x 600ml regular soft drink every day for a year you will drink

23 KILOS OF SUGAR



AUSTRALIA IS IN THE TOP 10 COUNTRIES FOR PER CAPITA CONSUMPTION OF SOFT DRINK



1 pack = 4 grams of sugar