TIME TO RETHINK SUGARY DRINK?

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Sugar 1 Teagan

Sugar 1 Teagaan



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 TO TO TO TO AND EROSION **J.Z.S. BILLION J.Z.S. 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)

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



9 PACKS

SPORTS DRINK

OF SUGAR IN 600ML

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6 PACKS

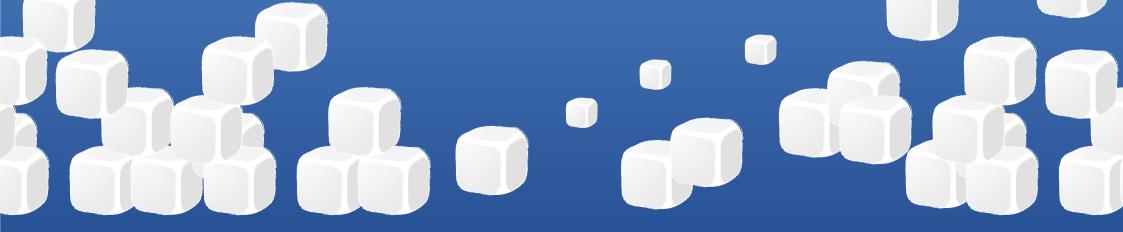
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1 pack = 4 grams of sugar



IA IS IN THE TOP 10 COUN

PER CAPITA CONSUMPTION OF SOFT DRINK

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