

Sugary drinks

How do they stack up?



500ml orange juice
10.5 teaspoons



500ml flavoured milk
6 teaspoons



Added sugar only – does not include naturally occurring sugar



500ml energy drinks
16 teaspoons



Energy drink sugar teaspoon content is an average



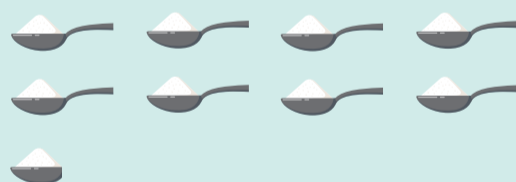
600ml soft drink
16 teaspoons



375ml can = 10 teaspoons



600ml sports drink
8.5 teaspoons



water

0 sugar!

Water and unflavoured milk
drinks are the best choices

Recommended adult daily sugar limit to
decrease risk of tooth decay
6 teaspoons or 24 grams