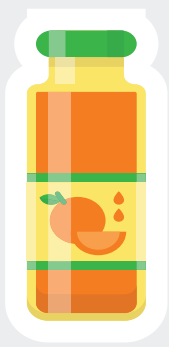
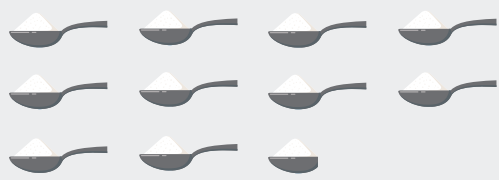


# Sugary drinks

## How do they stack up?



500ml orange juice  
10.5 teaspoons



500ml flavoured milk  
6 teaspoons\*



\*Added sugar only



500ml energy drinks  
16 teaspoons\*



\*On average



600ml soft drink  
16 teaspoons



600ml sports drink  
8.5 teaspoons



water  
0 sugar!

Water and  
unflavoured milk  
drinks are the  
best choices!

Adults are recommended to have less than  
**6 teaspoons/24 grams** of sugar each  
day to decrease their risk of tooth decay.

