

How Much Sugar Are You Drinking?

250ml Fruit Juice



7 teaspoons
Sugar



300ml Flavoured milk



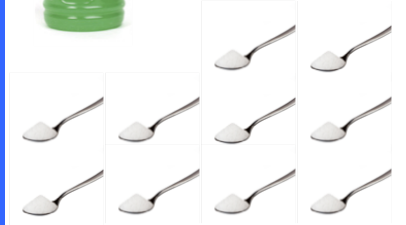
8 teaspoons
Sugar



600ml Sports Drink



10 teaspoons
Sugar



250ml Energy Drink



7 teaspoons
Sugar



375ml Cola



10 teaspoons
Sugar



Water



0 teaspoons
Sugar

Choose water, more often
It's the healthy option



Health
PROJECT
BRINGING BUSINESS CLOSER TO HEALTH