

# How much sugar is in drinks?

High sugar drinks contribute to tooth decay and overweight.  
Save for special occasions only.

## Fizzy Drinks

(600ml bottle)

cola drinks contain caffeine

### Sugar Content

16 - 20 teaspoons



## Sports Drinks

(600ml bottle)

may also contain caffeine

### Sugar Content

10 teaspoons



## Fruit Juice - (no added sugar)

(400ml bottle)

### Sugar Content

10 teaspoons



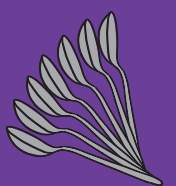
## Energy Drinks

(250ml can)

may also contain caffeine

### Sugar Content

7 teaspoons



## Powdered Drinks

(1 glass 250mls)

### Sugar Content

6 teaspoons



## Flavoured Milk

(250ml carton)

### Sugar Content

6 teaspoons



# Drinks for healthy kids



## Low Fat Milk

(light blue and green top).

A rich source of calcium.

Introduce low fat milk after 2 years of age.

Make your own flavoured milk.

Add 1 - 2 teaspoons of flavouring to a glass of low fat milk.



## Water - The best choice

Try chilled and flavoured with:

- lemon
- mint
- sliced fruit

**Water is cheap and easy!**

Children need plenty of water to drink everyday.

