

How much sugar is in your drink?

Drinks with a high sugar content are a key contributor to tooth decay & obesity. Remember to brush twice a day for two minutes using a pea-sized amount of fluoride toothpaste.

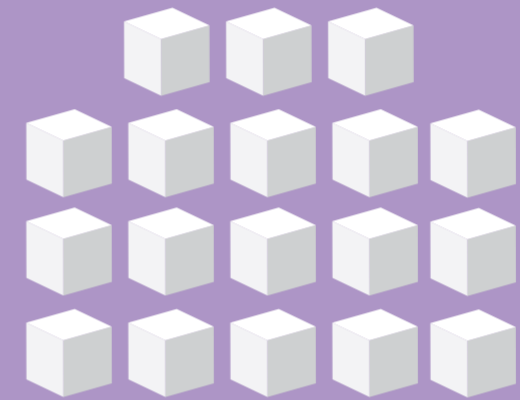
Soft Drinks

(600ml) 16-20 teaspoons of sugar



Flavoured Milk

(600ml) 18 teaspoons of sugar



Energy Drinks

(250ml) 7 teaspoons of sugar



Sports Drinks

(600ml) 7 teaspoons of sugar



Fruit Juice

(400ml) 10 teaspoons of sugar



Smart Choice: Water

