

# HOW MUCH SUGAR ARE YOU DRINKING?



## RE-THINK YOUR DRINK



V Energy Drink 250ml

7 teaspoons



28 grams sugar



CalciYum flavoured milk 250ml

6 teaspoons



24 grams



Coca Cola 600ml

16 teaspoons



64 grams sugar



Ribena fruit drink 330ml

12 teaspoons



48 grams sugar



Raro 250ml glass

5 teaspoons



20 grams sugar



Fanta 600ml

18 teaspoons



72 grams sugar



Just Juice fruit drink 350ml

10 teaspoons



40 grams sugar



Powerade sports drink 750ml

11 teaspoons



44 grams sugar



Lift+ energy drink 250ml

7 teaspoons



28 grams sugar



Water

0 teaspoons

0 grams sugar

World Health Organisation  
Recommended  
Daily Sugar Intake

CHILDREN: **3**



teaspoons per day

ADULTS: **6**



6 teaspoons per day