

Sweet talk

How much sugar is in your drink?



Cool drink - 600ml bottle

16

teaspoons



Cordial - 600ml

*The entire 2 litre bottle contains 180 teaspoons of sugar



Recommended serving size is 250ml of cordial - Add water to this.

8

teaspoons



Fruit Juice - 600ml carton



14

teaspoons



Sports drink - 600ml bottle

9

teaspoons



McDonalds Frozen Coke

11

teaspoons



Water - all sizes

Water has no sugar. It keeps your body healthy and strong. When you feel thirsty drink water not cool drink.

