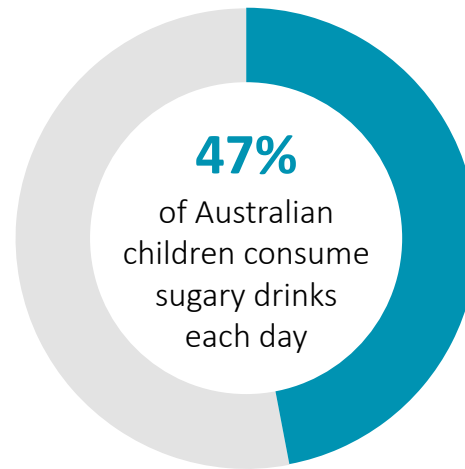


FACTS ABOUT SUGARY DRINKS and kids



377
million litres

of sugary drinks are consumed by Australian children each year

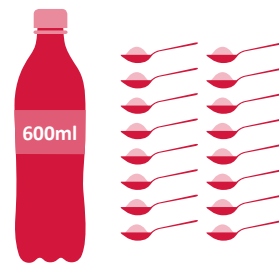
Drinking sugary drinks each day increases your risk of

tooth decay and erosion



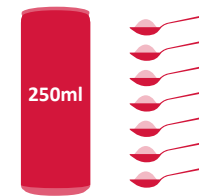
If you drink a 500ml bottle of orange fruit drink every day for a year you will consume

19 kilos of sugar



16 teaspoons

of sugar in a 600ml bottle of regular soft drink



7 teaspoons

of sugar in a 250ml energy drink



9 teaspoons

of sugar in a 600ml sports drink

1 teaspoon = 4 grams of sugar

LiveLighter® [FACTS ABOUT SUGARY DRINKS],

©State of Western Australia 2019, reproduced with permission.

Supported by



Crunch&Sip®