

HOW MUCH SUGAR IS IN THAT DRINK?



The World Health Organisation (WHO) recommends children have **less than**

6 teaspoons of 'free sugars' per day

(like the sugar in sugary drinks)

If your child drinks a 500ml bottle of orange fruit drink every day for a year they will consume

19 kilos of sugar



Drinking sugary drinks each day increases your child's risk of

tooth decay and erosion



16 teaspoons

Cola
(600mL)



14 teaspoons

Energy drink
(500mL)



13 teaspoons

Apple fruit drink
(500mL)



13 teaspoons

Chocolate milk
(600mL)



9 teaspoons

Sports drink
(600mL)



0 teaspoons

Water

1 teaspoon = 4 grams of sugar

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