

ARE YOU SUGAR SMART?

4g = 1 teaspoon

Recommended daily intake of sugar aged 11 years and over is 30g = 7.5 teaspoons

Water 500 ml 0 teaspoons

Coca Cola 500 ml 13 teaspoons

Pepsi 500 ml 13 teaspoons

7 UP 500 ml 14 teaspoons

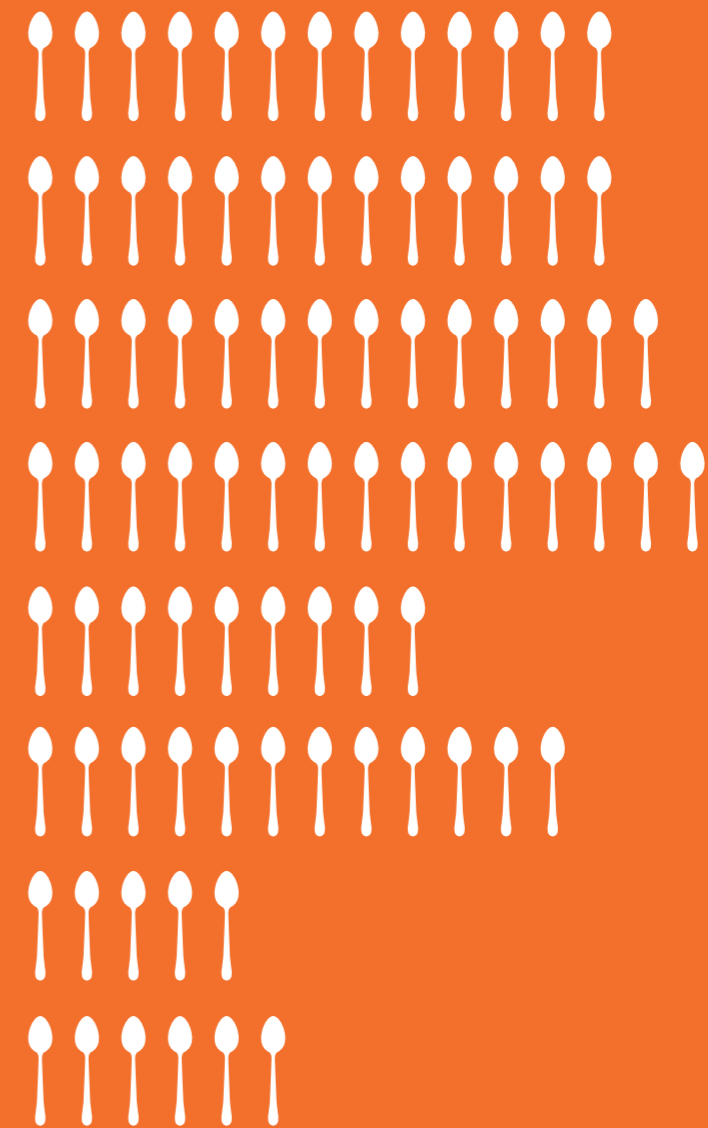
Monster Energy 500 ml 15 teaspoons

Dr Pepper 500 ml 9 teaspoons

Fanta Mango 500 ml 12 teaspoons

Tango Orange 500 ml 5 teaspoons

Volvic Lemon and Lime 500 ml 6 teaspoons



SUGARSMART