



# Rethink sugary drinks



**Soft Drink**

Sugar-sweetened soft drink - 375ml  
9 teaspoons of added sugar



**SPORTS  
DRINK**

Sports drink - 600ml  
9 teaspoons of added sugar



**LIME  
CORDIAL**

Regular cordial - 300ml glass  
5 teaspoons of added sugar



**ENERGY  
DRINK**

Energy drink - 355ml  
10 teaspoons of added sugar



**ICE  
TEA  
PEACH**

Ice tea - 500ml  
8 teaspoons of added sugar



**Water is best!**

Water - 600ml  
0 teaspoons of added sugar

Drinks high in added sugar give us unnecessary kilojoules and little nutrition, as a result they could lead to weight gain. These drinks may also cause tooth decay. It is best to avoid or limit these drinks as much as possible. Water is by far the best option! It is hydrating, kilojoule free and inexpensive.