

Too much

SUGAR

is not good for you



Get healthy
Get rewarded



0
Teaspoons sugar

BEST CHOICE
Water



2
Teaspoons sugar

Flavoured Milk



6
Teaspoons sugar

Flavoured Water



7
Teaspoons sugar

Energy Drink



7
Teaspoons sugar

Iced Tea



8
Teaspoons sugar

Sports Drink



8
Teaspoons sugar

Fruit Juice



9
Teaspoons sugar

Coldrink



12
Teaspoons sugar

Slush

HOW MUCH
sugar
is in your
drink