HOW MUCH SUGAR ARE CHILDREN DRINKING?

- **soft drink**: 16 teaspoons of sugar
- **sports drink**: 15 teaspoons of sugar
- **powdered fruit drink**: 15 teaspoons of sugar
- **fruit juice**: 10 teaspoons of sugar
- **flavoured milk**: 7 teaspoons of sugar
- **frozen soft drink**: 15 teaspoons of sugar
- **novelty soft drink**: 8 teaspoons of sugar
- **powdered chocolate drink** (with 200ml trim milk): 5 teaspoons sugar
- **smoothie**: 9 teaspoons of sugar

**water is the best choice**

low or reduced-fat unflavoured milk is a good choice too

**tap water**: 0 teaspoons of sugar