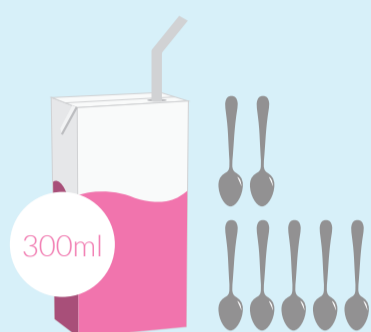
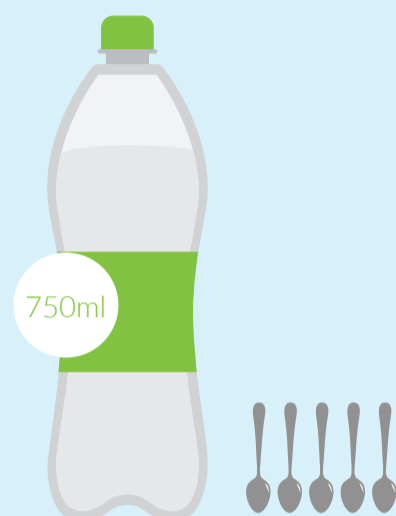


HOW MUCH SUGAR IN THAT DRINK?



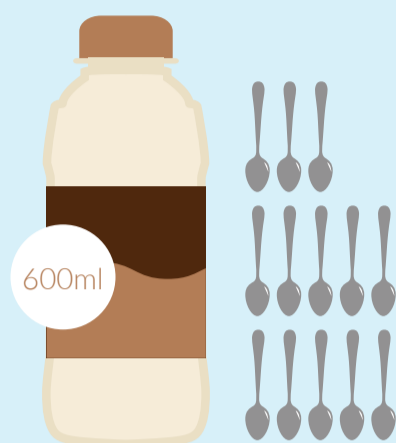
flavoured milk

7 teaspoons of sugar



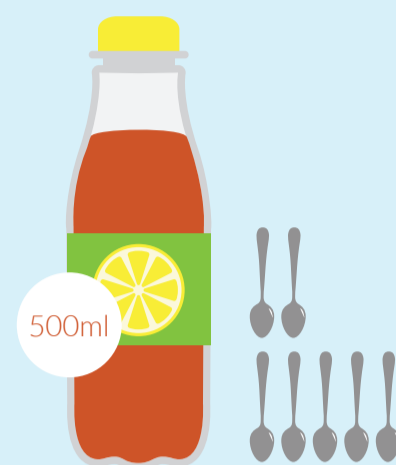
flavoured water

5 teaspoons of sugar



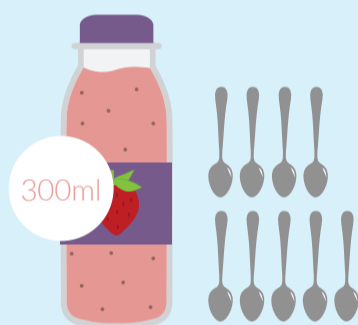
iced coffee

13 teaspoons of sugar



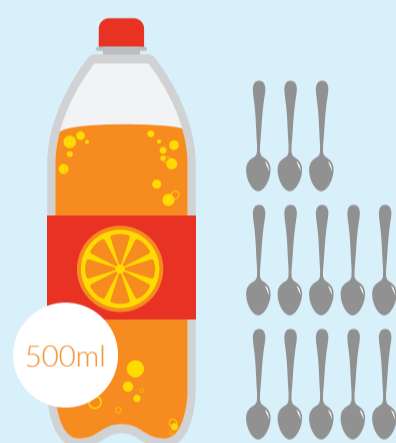
iced tea

7 teaspoons of sugar



smoothies

9 teaspoons of sugar



sparkling fruit drinks

13 teaspoons of sugar



powdered fruit drink

15 teaspoons of sugar



tap water

0 teaspoons of sugar

water is the best choice

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

WATER
Available on tap

ALWAYS FRESH