

# AVOID

# SUGARY DRINKS

Sugary drinks are very high in sugar.



Drink		Teaspoons of sugar
Soft drink 600mL bottle		
Sports drink 600mL bottle		
Fruit drink 350mL bottle		
Energy drink 250mL can		

## Choose drinks without added sugar such as:



\*without sugar is best

Partner:



Government of Western Australia  
Department of Health

