

AVOID SUGARY DRINKS



Teaspoons of sugar

| | | | |
|-----------------------|--|-----------|--|
| Soft drink 600mL | | 16 | |
| Choc milk 600mL | | 13 | |
| Sports drink 600mL | | 9 | |
| Fruit drink 350mL | | 9 | |
| Energy drink 250mL | | 7 | |

Choose drinks without added sugar such as:



Water ✓



Tea* ✓



Coffee* ✓



Plain reduced-fat milk ✓



Water with lemon, mint, strawberry or cucumber ✓

*without sugar is best

Partner:



Government of **Western Australia**
Department of **Health**

