Facts About Sugary Drinks

16 Teaspoons of Sugar in a 600ml Bottle of Regular Soft Drink

6.5kg Weight Gain in One Year

Drinking one can of soft drink each day could lead to a weight gain of 6.5kg in one year (if these drinks are consumed in addition to the food your body needs and you don’t increase your physical activity).

1.43 Billion Litres

The Amount of Sugary Drinks Consumed by Australians Each Year

9 Teaspoons of Sugar in a 600ml Sports Drink

7 Teaspoons of Sugar in a 250ml Energy Drink

$1095

The Amount You Will Spend in a Year if You Drink One 375ml Can of Soft Drink a Day

1 in 11 Adults drink sugary drinks EVERY DAY

(ABS National Health Survey 2018)

Drinking Sugary Drinks Each Day Increases Your Risk of Tooth Decay and Erosion

If you drink a 600ml bottle of orange fruit drink every day for a year you will consume 23 Kilos of Sugar

Australia is the 11th Largest Purchaser of Sugary Drinks in the World

1 teaspoon = 4 grams of sugar

Rethink Sugary Drink 2013. Reproduced with permission. Rethink Sugary Drink is a partnership between Cancer Council, LiveLighter and Diabetes Australia.