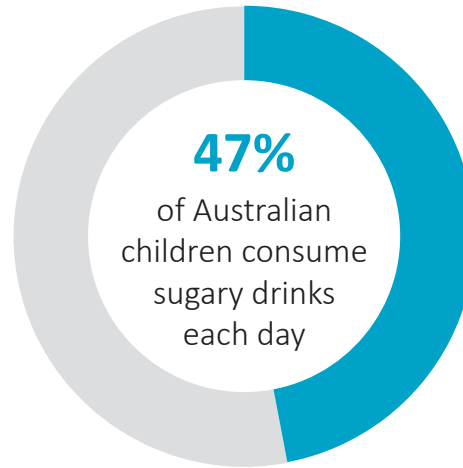


FACTS ABOUT SUGARY DRINKS and kids

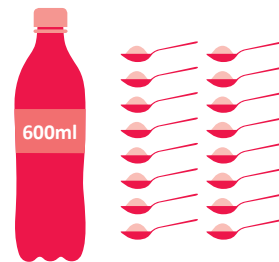


Drinking sugary drinks each day increases your risk of **tooth decay and erosion**



If you drink a 500ml bottle of orange fruit drink every day for a year you will consume

19 kilos of sugar



16 teaspoons

of sugar in a 600ml bottle of regular soft drink



7 teaspoons

of sugar in a 250ml energy drink



9 teaspoons

of sugar in a 600ml sports drink

1 teaspoon = 4 grams of sugar

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