

Choose Water



You wouldn't eat 16 teaspoons
of sugar - so why drink it?



600ml
cola
16
teaspoons
sugar per bottle



500ml
iced tea
8
teaspoons
sugar per bottle



600ml
sports drink
9
teaspoons
sugar per bottle



250ml
energy drink
7
teaspoons
sugar per can



600ml
lemon squash
16
teaspoons
sugar per bottle



1100ml
slushy
25
teaspoons
sugar per cup



250ml
natural fruit juice
6
teaspoons
sugar per bottle



600ml
water
0
teaspoons
sugar per bottle