## HOW MUCH SUGAR ARE YOU DRINKING?

**RETHINK YOUR DRINK** 





V Energy Drink 250ml



CalciYum flavoured milk 250ml



Coca Cola 600ml



Ribena fruit drink 330ml



Raro 250ml glass



6 teaspoons

24 grams



16 teaspoons



12 teaspoons





20 grams sugar



Fanta 600ml





Powerade sports drink 750ml



Lift+ energy drink 250ml



Water



72 grams sugar

HE1008 | 20/07/2023

This resource is available from healthed govt.nz or from your authorised provider



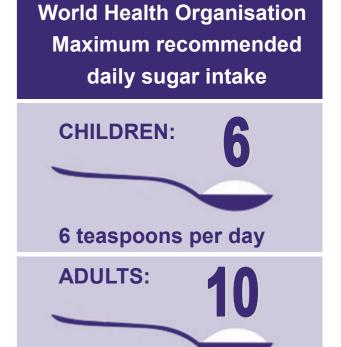
11 teaspoons

44 grams sugar



0 teaspoons

28 grams sugar 0 grams sugar



10 teaspoons per day

