RETHINK YOUR DRINK

How many teaspoons of sugar are in a small 250ml glass?

FRUIT JUICE	COKE	SPORTS DRINKS	RARO
			
			
6 TEASPOONS	**6.5 TEASPOONS**	**4 TEASPOONS**	**5 TEASPOONS**

ICED TEA	SMOOTHIE	MILO	CHOCOLATE MILK
			
			
4 TEASPOONS	**9 TEASPOONS**	**5 TEASPOONS**	**5 TEASPOONS**

RECOMMENDED DAILY SUGAR INTAKE (RDI):

Children - maximum 6 teaspoons

Adults - maximum 10 teaspoons

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