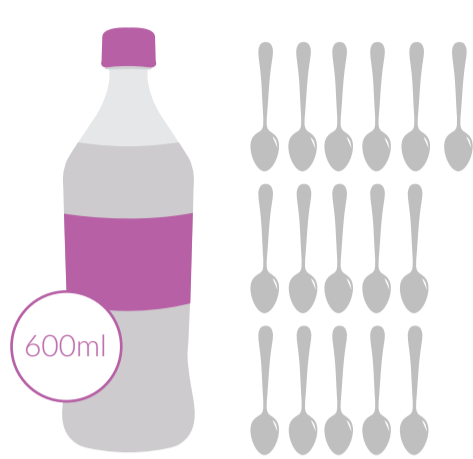
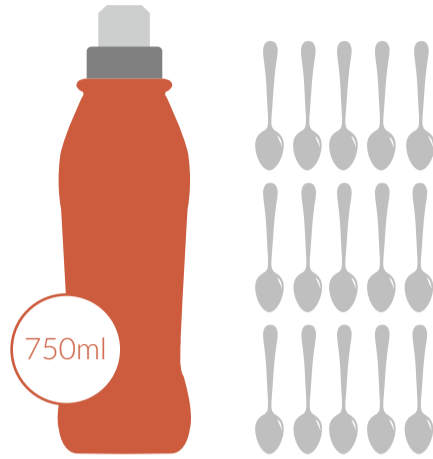


# HOW MUCH SUGAR ARE CHILDREN DRINKING?



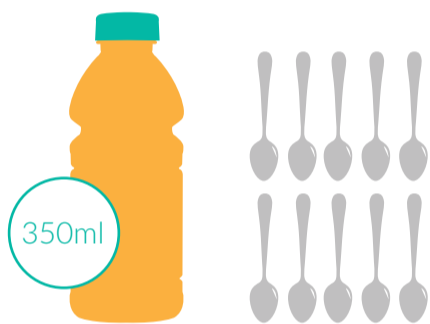
**soft drink**  
16 teaspoons of sugar



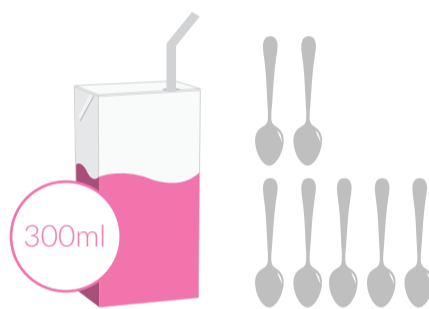
**sports drink**  
15 teaspoons of sugar



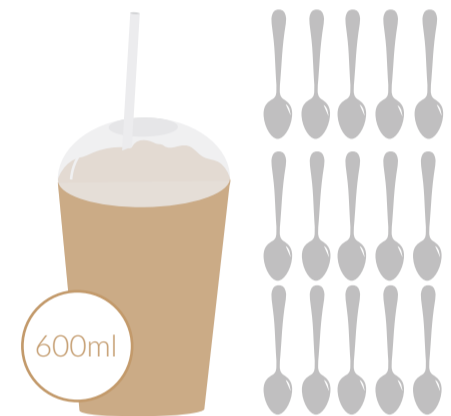
**powdered fruit drink**  
15 teaspoons of sugar



**fruit juice**  
10 teaspoons of sugar



**flavoured milk**  
7 teaspoons of sugar



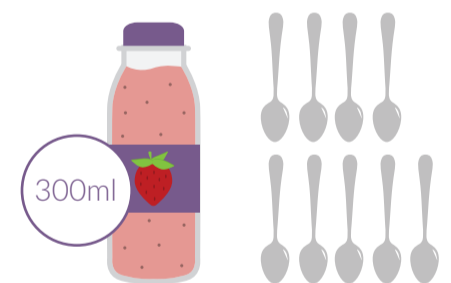
**frozen soft drink**  
15 teaspoons of sugar



**novelty soft drink**  
8 teaspoons of sugar



**powdered chocolate drink**  
(with 200ml trim milk)  
5 teaspoons sugar



**smoothie**  
9 teaspoons of sugar



**ZERO sugar**

**water is the best choice**

low or reduced-fat unflavoured milk is a good choice too

**tap water**

0 teaspoons of sugar