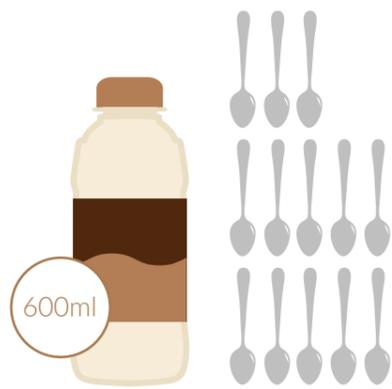
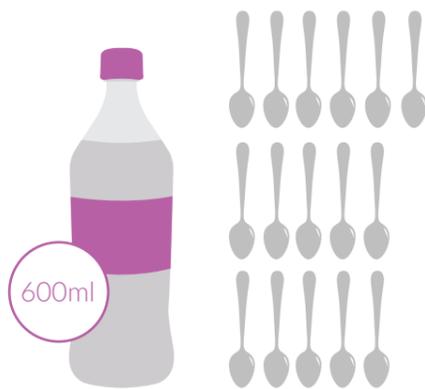


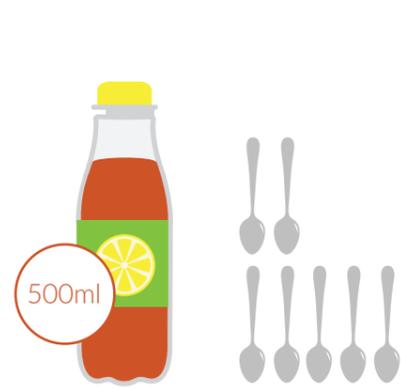
# HOW MUCH SUGAR ARE ADULTS DRINKING?



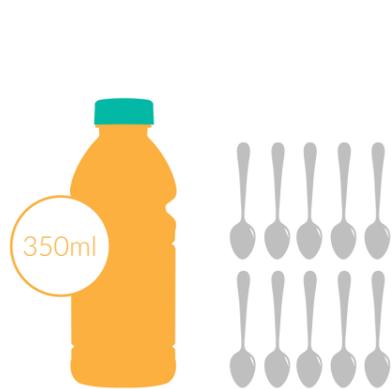
**iced coffee**  
13 teaspoons of sugar



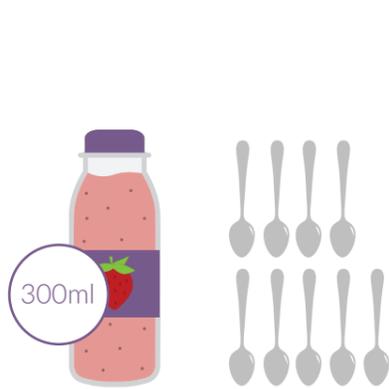
**soft drink**  
16 teaspoons of sugar



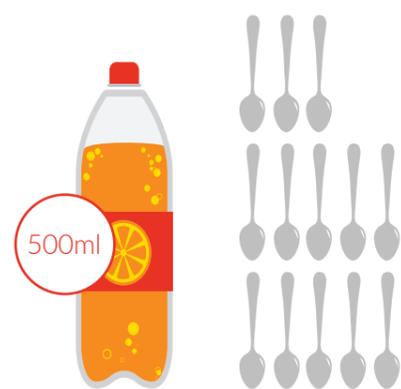
**iced tea**  
7 teaspoons of sugar



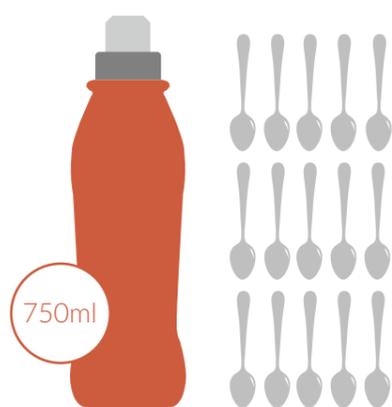
**fruit juice**  
10 teaspoons of sugar



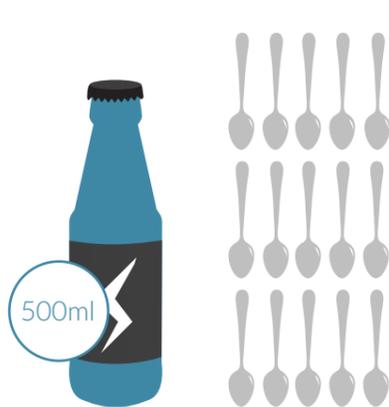
**smoothie**  
9 teaspoons of sugar



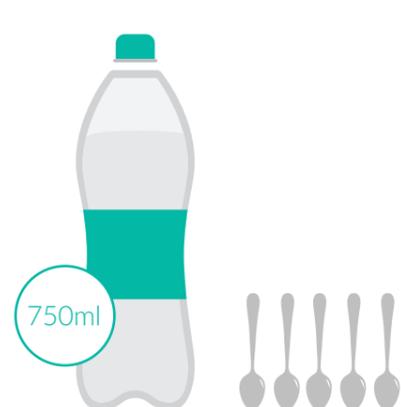
**sparkling fruit drink**  
13 teaspoons of sugar



**sports drink**  
15 teaspoons of sugar



**energy drink**  
15 teaspoons of sugar



**flavoured water**  
5 teaspoons of sugar

**water is the best choice**  
other low or no sugar options:



**tap water**  
0 teaspoons of sugar



Low or reduced-fat unflavoured milk



Tea



Coffee