



# 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

500ml  
energy drink

**7**

teaspoons  
sugar per can

600ml  
lemon squash

**16**

teaspoons  
sugar per bottle

1100ml  
slushy

**25**

teaspoons  
sugar per cup

