

# HOW MUCH SUGAR?



**NO SUGAR**  
Water is best



Energy drinks  
(500mL)

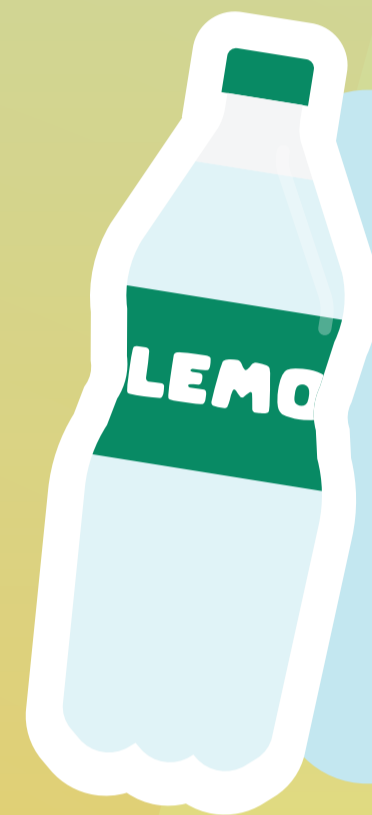
**15** TSP

No good for kids



Cola soft  
drink (600mL)

**15.5** TSP



Soft drinks  
(600mL)

**12** TSP



Cordial  
(1L bottle)

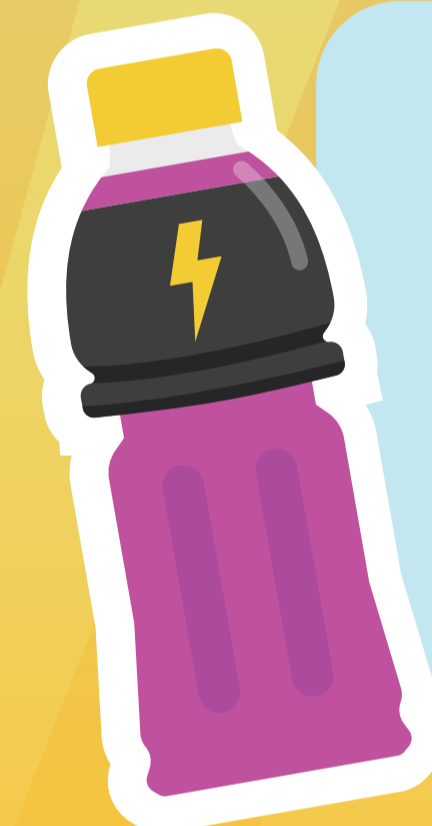
**85** TSP



Fruit drink  
(1L bottle)

**24** TSP

Fruit "drink" is  
not real juice



Sports drinks  
(600mL)

**8.5** TSP

**YOU'RE SWEET ENOUGH**  
Rethink  
your drink

Scan for more  
information



OLD WAYS ARE  
OUR FUTURE WAYS



Queensland  
Government