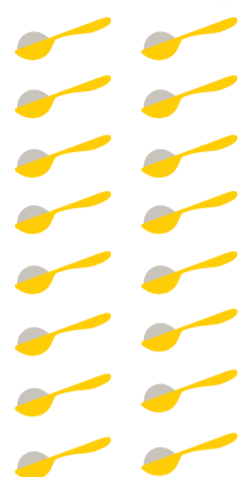


FACTS ABOUT SUGARY DRINKS



THERE ARE ABOUT
16 TEASPOONS
OF SUGAR
IN A 600ML
BOTTLE OF
REGULAR
SOFT DRINK

6.5KG
WEIGHT GAIN
IN ONE YEAR



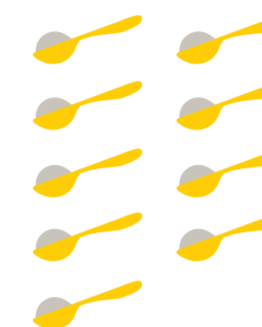
It has been estimated that consuming one can of soft drink per day could lead to a weight gain of 6.5kg in one year (if these drinks are consumed in addition to the food your body needs and you don't increase your physical activity)

1.28
BILLION
LITRES

THE AMOUNT OF
CARBONATED/STILL
DRINKS BOUGHT
IN 2012

In the 12 months to October 2012, Australians bought 1.28 billion litres of carbonated/still drinks with sugar, with regular cola drinks being the most popular (447 million litres)

9 TEASPOONS
OF SUGAR IN
A 600ML
SPORTS
DRINK



47%
OF CHILDREN

The 2007 Australian National Children's Nutrition and Physical Activity Survey found that 47% of children (2 to 16 years of age) consumed sugary drinks (including energy drinks) every day

7 TEASPOONS
OF SUGAR IN
A 250ML
ENERGY
DRINK



DRINKING A SUGARY
DRINK EACH DAY

will significantly increase your risk of

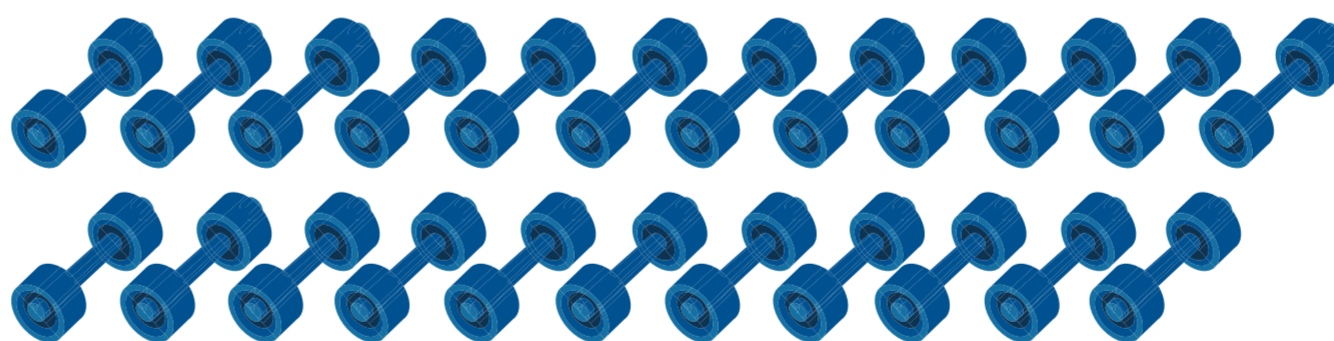
TOOTH DECAY
AND EROSION



=

If you drink a 600ml bottle of orange fruit drink every day for a year you will consume

23 KILOS OF SUGAR



\$1095

THE AMOUNT YOU WILL
SPEND IN A YEAR IF
YOU DRINK ONE 375ML
CAN OF SOFT DRINK
A DAY

AUSTRALIA IS IN THE TOP 10 COUNTRIES
FOR PER CAPITA CONSUMPTION OF SUGARY DRINK



1 teaspoon = 4 grams of sugar

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