

Sugar shock! Stop and think...



250ml apple juice



250ml smoothie



250ml glass of blackcurrant squash



330ml of cola



380ml bottle energy drink



450mls hot chocolate with marshmallows and cream



350ml bottle milkshake



Protect against tooth decay
Swap sugary drinks for low sugar alternatives



For smart swaps, please visit the Change 4 Life website: www.change4life.co.uk



Did you know that there are 15 calories in a teaspoon of sugar? To burn off the calories in one teaspoon of sugar, it would take 4 minutes of walking!