

Sugar shock! Stop and think ...



250ml apple juice



6 1/2
teaspoons!



250ml smoothie



9
teaspoons!



250ml glass of black current
squash



5 1/2
teaspoons!



330ml of cola



6 1/2
teaspoons!



380ml bottle energy drink



13
teaspoons!



450mls hot chocolate with
marshmallows and cream



12 1/2
teaspoons!



350ml bottle milkshake



11
teaspoons!

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!