RETHINK SUGARY DRINK
WOULD YOU EAT 10 TEASPOONS OF SUGAR?

We are learning more and more about sugary drinks all the time. Lots of drinks contain sugar. This includes some flavoured milks, fruit juices, energy drinks and of course soft drinks.

Sugary drinks can lead to weight gain and obesity, increasing your risk of developing chronic diseases like heart disease, type 2 diabetes and some cancers. They are also a major cause of tooth decay.

Soft drinks contain up to 10 teaspoons of sugar per can. Check to see how much sugar is in all of your drinks including flavoured milk, fruit juice and energy drinks.

Based on one teaspoon of sugar weighing 4 grams.
Total sugars could be a combination of sucrose, glucose, fructose and lactose.
Based on nutrient content from NUTTAB (Food Standards Australia New Zealand).

Water won’t go to your waistline

If you stick with water your waistline will thank you. For example, start your day with a glass of water instead of your morning juice. For a quick, easy and inexpensive thirst quencher, carry a water bottle and refill it throughout the day.

Here are some tips to help you make water a more exciting option;

• Add slices of lemon, lime, cucumber or watermelon.
• Add a squeeze of lemon or lime juice to sparkling water for a refreshing, low-kilojoule drink.
• Don’t save the best crystal for special occasions – pick a posh glass, fill with ice and water, add a slice of lemon or some mint leaves and top with a straw.
• Beat the summer heat by keeping a jug of cold refreshing water in the fridge.

What about the kids?

Sugary drinks are a poor choice for kids. Sugary drinks can lead to health problems including unwanted weight gain, tooth decay and chronic disease, especially when consumed in large amounts.

While children may prefer the taste of sugary drinks like fruit juice, soft drink and cordial, water is the better choice.

For more information visit www.shapeup.gov.au or check out www.rethinksugarydrink.org.au