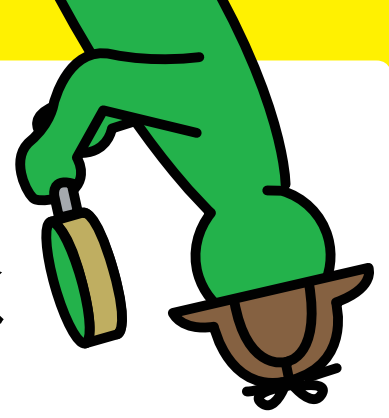


Drink Rethink



Use this table to compare the sugar content of a variety of drink products.

Type of drink (single serving containers)	Sugar content in grams per single serving	Equivalent sugar cube content	Name of product
Can of cola or fizzy pop			
Plain water			
Fruit juice			
Juice drink			
Flavoured water			
Milk			
Flavoured milk			
Energy drink			
Sports drink			