

# FACTS ABOUT SUGARY DRINKS



**16 TEASPOONS OF SUGAR**  
IN A 600ML BOTTLE OF REGULAR SOFT DRINK

**6.5KG**  
WEIGHT GAIN  
IN ONE YEAR



Drinking one can of soft drink each 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)

**1.43**  
BILLION  
LITRES

THE AMOUNT OF SUGARY DRINKS CONSUMED BY AUSTRALIANS EACH YEAR

**9 TEASPOONS OF SUGAR** IN A 600ML SPORTS DRINK



**7 TEASPOONS OF SUGAR** IN A 250ML ENERGY DRINK



**47%**  
OF CHILDREN

consume **sugary drinks** each day

**DRINKING SUGARY DRINKS EACH DAY**

increases your risk of **TOOTH DECAY AND EROSION**



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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 THE 11<sup>TH</sup> LARGEST PURCHASER OF SUGARY DRINKS IN THE WORLD**