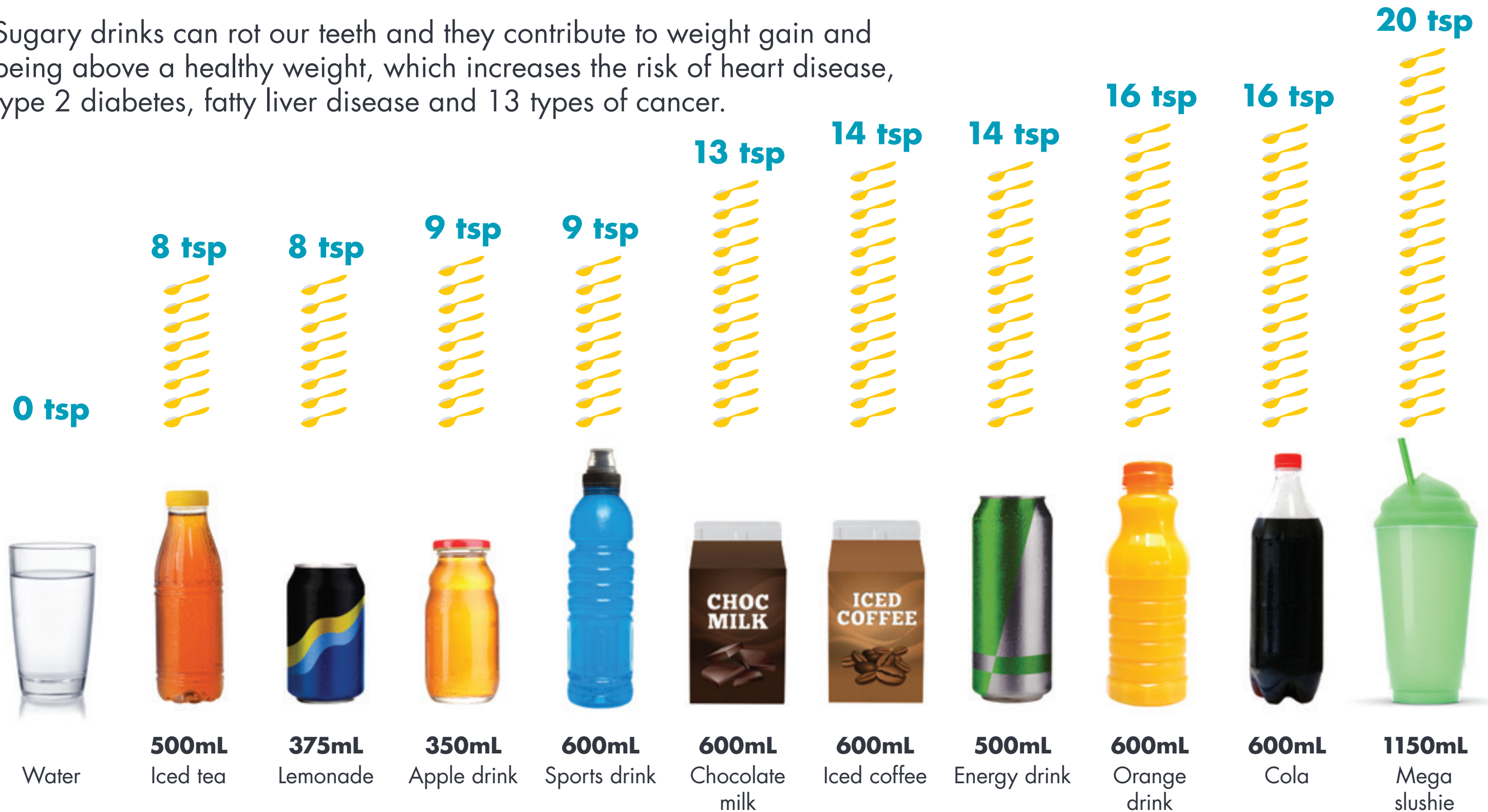



# HOW MUCH SUGAR IS IN YOUR DRINK?

Sugary drinks can rot our teeth and they contribute to weight gain and being above a healthy weight, which increases the risk of heart disease, type 2 diabetes, fatty liver disease and 13 types of cancer.



 = 4 grams of sugar

 Government of Western Australia  
Department of Health

 Cancer Council  
WA

 ADA  
AUSTRALIAN DENTAL ASSOCIATION  
WESTERN AUSTRALIA

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