



You wouldn't eat 16 teaspoons of sugar - *so why drink it?*

<p>600ml cola</p> <p>16</p> <p>teaspoons sugar per bottle</p>	<p>500ml iced tea</p> <p>8</p> <p>teaspoons sugar per bottle</p>	<p>600ml sports drink</p> <p>9</p> <p>teaspoons sugar per bottle</p>	<p>250ml energy drink</p> <p>7</p> <p>teaspoons sugar per can</p>	<p>600ml lemon squash</p> <p>16</p> <p>teaspoons sugar per bottle</p>	<p>1100ml slushy</p> <p>25</p> <p>teaspoons sugar per cup</p>
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livelighter.com.au/sugar

