








ARE YOU SUGAR SMART?

4g = 1 sugar cubes

Recommended daily intake of sugar aged 11 years and over is 30g = 7.5 sugar cubes

Water 330 ml	0 sugar cubes	
Coca Cola 330 ml	9 sugar cubes	
Pepsi 330 ml	9 sugar cubes	
7 UP 330 ml	9 sugar cubes	
Lucozade 330 ml	10 sugar cubes	
Dr Pepper 330 ml	6 sugar cubes	
Fanta Orange 330 ml	10 sugar cubes	
Tango Orange 330 ml	3.5 sugar cubes	

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