

ARE YOU SUGAR SMART?

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

4g = 1 sugar cube

Water 500 ml	0 sugar cubes	
Coca Cola 500 ml	13 sugar cubes	
Pepsi 500 ml	13 sugar cubes	
7 UP 500 ml	14 sugar cubes	
Lucozade Orange Energy 500 ml	15 sugar cubes	
Dr Pepper 500 ml	9 sugar cubes	
Fanta Mango 500 ml	12 sugar cubes	
Tango Orange 500 ml	5 sugar cubes	
Volvic Lemon and Lime 500 ml	6 sugar cubes	

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