How do they stack up?

- **500ml orange juice**: 10.5 teaspoons
- **500ml flavoured milk**: 6 teaspoons
- **500ml energy drinks**: 16 teaspoons
- **600ml soft drink**: 16 teaspoons
- **600ml sports drink**: 8.5 teaspoons
- **Water**: 0 sugar!

**Added sugar only – does not include naturally occurring sugar**

**Energy drink sugar teaspoon content is an average**

Water and unflavoured milk drinks are the best choices

Recommended adult daily sugar limit to decrease risk of tooth decay

**6 teaspoons or 24 grams**

Find out more at dentalhealthweek.com.au