

FACTS ABOUT SUGARY DRINKS



THERE ARE ABOUT
16 PACKS
OF SUGAR
IN 1 600ML
BOTTLE OF
REGULAR
SOFT DRINK

47%
OF CHILDREN

The 2007 Australian National Children's Nutrition and Physical Activity Survey found that 47% of children (2 to 16 years of age)

CONSUMED
SUGAR-SWEETENED
BEVERAGES
(INCLUDING ENERGY
DRINKS) EVERY DAY

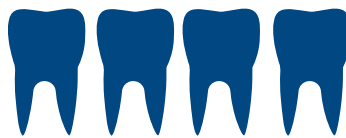
6.75KG
WEIGHT
GAIN IN ONE YEAR



It has been estimated that consuming one can of soft drink per day could lead to a 6.75kg weight gain in one year (if these calories are added to a typical US diet and not offset by reduction in other energy sources)

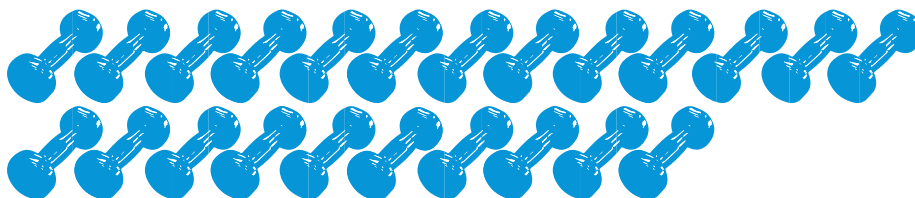
DRINKING A CAN OF SOFT DRINK EACH DAY
will significantly increase your risk of

TOOTH DECAY
AND EROSION



If you drink 1 x 600ml regular soft drink every day for a year you will drink

23 KILOS **OF SUGAR**

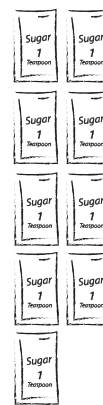


1.28
BILLION
LITRES

THE AMOUNT OF
CARBONATED/STILL
DRINKS BOUGHT
IN 2012

In the 12 months to October 2012, Australians bought 1.28 billion litres of carbonated/still drinks with sugar, with regular cola drinks being the most popular (447 million litres)

9 PACKS
OF SUGAR
IN 600ML
SPORTS
DRINK



6 PACKS
OF SUGAR
IN 250ML
ENERGY
DRINK



AUSTRALIA IS IN THE TOP 10 COUNTRIES
FOR PER CAPITA CONSUMPTION OF SOFT DRINK

