



30
TEASPOONS OF SUGAR IN 1 PLAIN GLASS OF WATER

4 GRAMS OF SUGAR = TSP



COLA, CARBONATED DRINK (250ml)

4 TSP



100% ORANGE JUICE (250ml)

4 TSP



SPORTS DRINK (250ml)

4 TSP



FLAVOURED CAFFEINE FREE ENERGY DRINK (250ml)

4 TSP



1% CHOCOLATE MILK (250ml)


4 TSP



FRUIT YOGURT BEVERAGE (250ml)

4 TSP

FRUIT JUICE VS FRESH FRUIT



100% ORANGE JUICE (250ml)

4 TSP



1 FRESH ORANGE (small)

2 TSP



UNSWEETENED APPLE JUICE (250ml)

4 TSP



1 FRESH APPLE (small)

2 TSP

Real fruit provides an important source of fiber.



Source: Health Canada, Canadian Nutrient File <http://webprod3.hc-sc.gc.ca/cnf-fce/index-eng.jsp>
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