



HOW MUCH SUGAR IS IN YOUR DRINK?



500 mL (2 cups)



500 mL (2 cups)



355 mL (1 1/2 cups)



237 mL (1 small carton)



355 mL (1 1/2 cups)



250 mL (1 cup)



500 mL (2 cups)



710 mL (2 3/4 cups)



591 mL (2 1/2 cups)



500 mL (2 cups)



200 mL (1 box)

Children ages 7-13 years should have no more than 10 teaspoons of free* sugar a day.

*Free sugar includes added sugars, syrups and fruit juices.

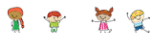


Ontario Society of Nutrition Professionals in Public Health
La société ontarienne des professionnels/l'os de la nutrition en santé publique

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