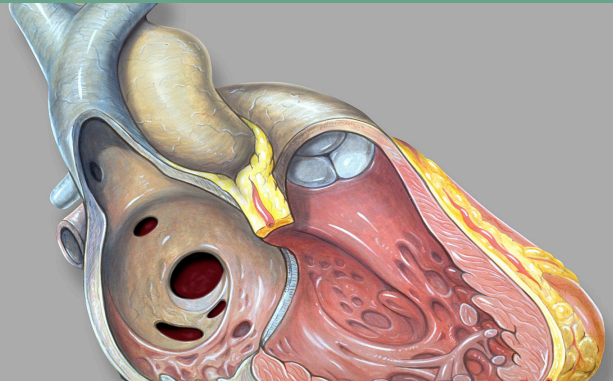


Sugar

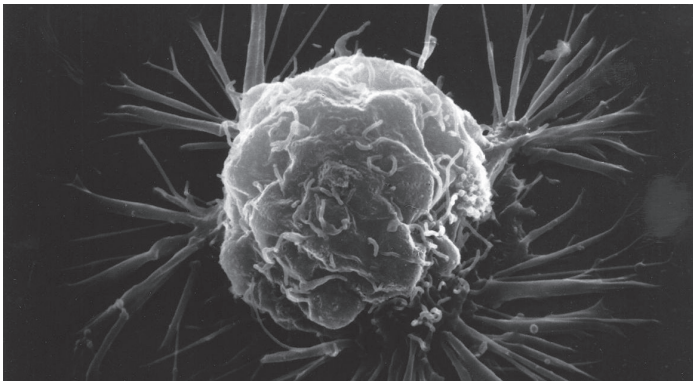
HEALTH EFFECTS



Cavities



Heart disease

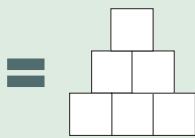


Cancer



Diabetes

Max
6 tsp or
24 grams
PER DAY



4 grams of sugar = 1 cube or 1 teaspoon of sugar

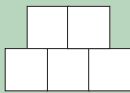


Water

0

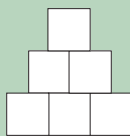


Fruit Loops
(1.5 cups)



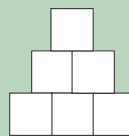
5

100% Orange
Juice (250 ml)



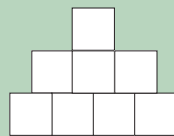
6

Fruit Drink
(250 ml)



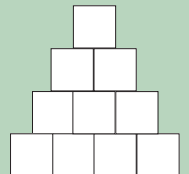
6

Vitamin
Water (591 ml)



8

Can of Pop
(355ml)



10

Adapted from Dietitians of Canada, *Sugary Drink Sense*

*Based on WHO recommendations