Simple sugars are a form of carbohydrate that are often found in heavily processed and refined foods, especially in drinks that you might buy from the shop or supermarket. Consuming too much processed sugar over time results in an accumulation of sugar in the blood and may eventually lead to diabetes. It can also lead to obesity and tooth decay.

1 Teaspoon = 5 grams of sugar

**Soft Drink - 600ml Bottle**

13 Teaspoons

**Orange Drink - 600ml Carton**

13 Teaspoons

**Cordial - 600ml (diluted)**

9 Teaspoons**

*Based on 600ml of undiluted cordial as per bottle instructions - diluted 5 parts (500ml) of water to 1 part (100ml) of cordial.

**The entire undiluted 2 litre bottle contains 180 teaspoons of sugar.**

**Sports Drink - 600ml Bottle**

7 Teaspoons

**Water - all sizes**

Water contains no sugar. It is an essential nutrient that is involved in every function of the body, including transportation of nutrients and waste products into and out of the body’s cells. It is the best option when you feel thirsty. Aim to drink between 2 to 3 litres a day.