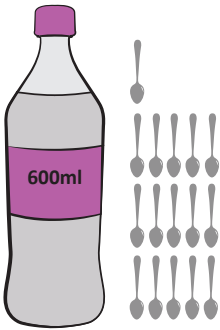




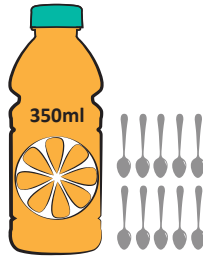
Children's Community Dental Clinic

Free for children 0-17 years

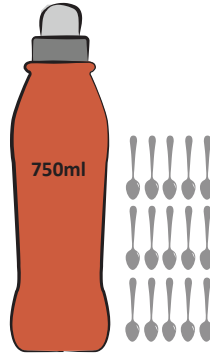
How much sugar is in that drink?



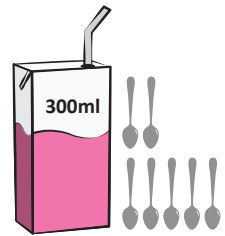
soft drinks
16 teaspoons
of sugar



fruit juice
10 teaspoons
of sugar



sports drinks
15 teaspoons
of sugar



flavoured milk
7 teaspoons
of sugar

DID YOU KNOW?



Soft drinks, fruit juice, sports drinks and flavoured milk can contain 5-7 teaspoons of sugar in a 250ml glass



tap water

0 teaspoons of sugar



**Water is
the best
choice.**

**Low or reduced-fat
unflavoured milk
is a good choice too.**