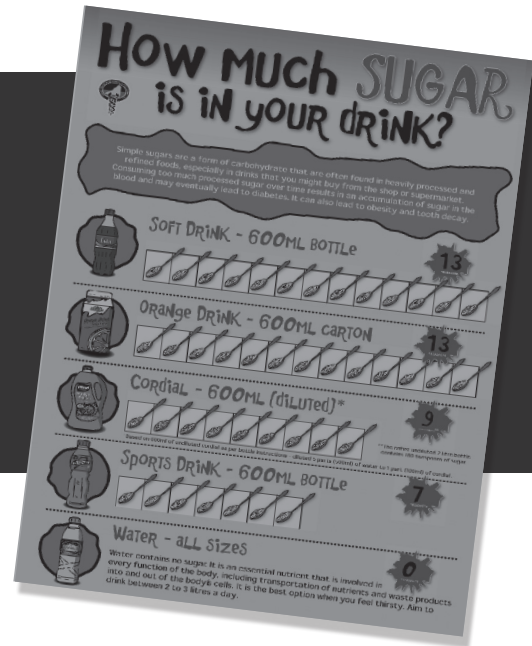


How much sugar is in your drink?

(2010)



Type: Poster

Description:

This poster gives a pictorial representation of how much sugar can be found in some popular drinks that can be purchased at the supermarket. The amount of sugar is shown as teaspoons of sugar per 600ml of drink. The drinks are:

- soft drink
- orange fruit drink
- orange cordial
- sports drink
- water

The message on the poster is that consuming too much processed sugar can lead to a range of complications over time including:

- diabetes
- obesity
- tooth decay

Producer:

Kimberley Aboriginal Medical Services Council, Broome, WA

To order copies of this resource

Kimberley Aboriginal Medical Services Council
Ph: (08) 9192 6435

View website:

Kimberley Aboriginal Medical Services Council
<http://www.kamsc.org.au>

When to use this resource:

This poster can be used at community events or workshops to help people visualise how much sugar they are consuming. The poster can be used to generate discussions about what other foods have large amounts of 'hidden' sugars, and what foods and drinks can be used as more healthy alternatives.

