

Re-Think your Drink



Sprite 250ml



Raro 250ml glass



Vitamin Water 591ml



V Energy Drink 250ml



Powerade 750ml



Just Juice Fruit Drink 350ml

Re-Think your Drink

Raro 250ml glass
5 teaspoons = 20 grams



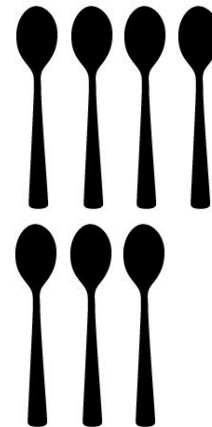
Sprite 250ml
5 teaspoons = 20 grams



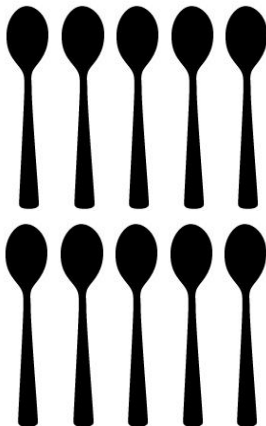
V Energy Drink 250ml
7 teaspoons = 28 grams



Vitamin Water 591ml
7 teaspoons = 28 grams



Just Juice Fruit Drink 350ml
10 teaspoons = 40 grams



Powerade 750ml
11 teaspoons = 44 grams



Re-Think your Drink



Fanta 600ml



Lift Plus Energy Drink 250ml



e2 Energy Drink 800ml



Coca Cola 600ml



G Force 400ml



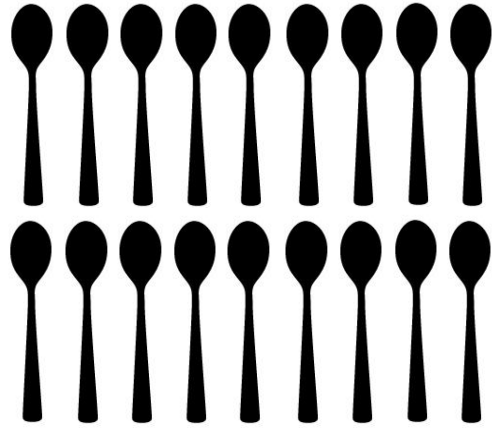
CalciYum 250ml

Re-Think your Drink

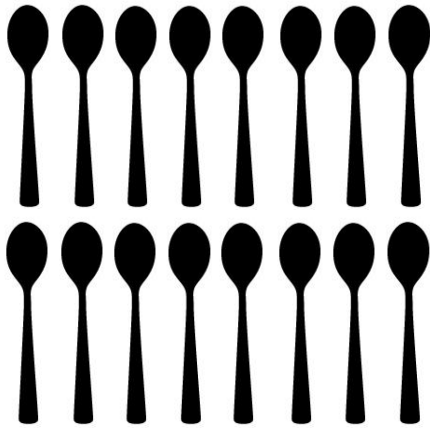
Lift Plus Energy Drink 250ml
7 teaspoons = 28 grams



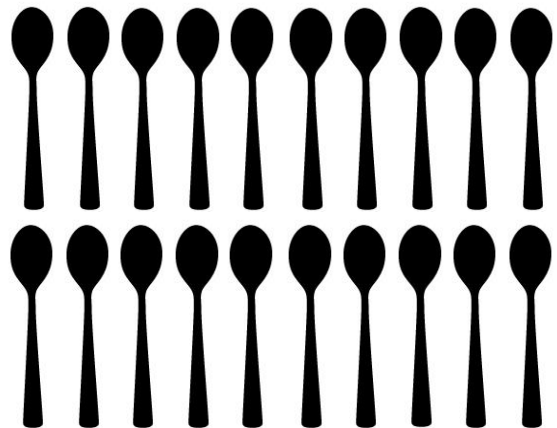
Fanta 600ml
18 teaspoons = 72 grams



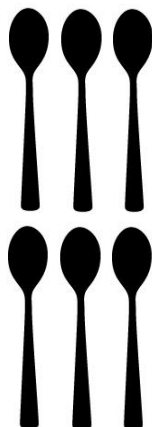
Coca Cola 600ml
16 teaspoons = 64 grams



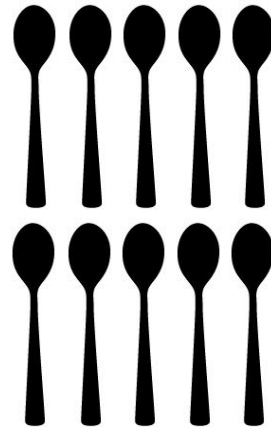
e2 Energy Drink 800ml
20 teaspoons = 80 grams



CalciYum 250ml
6 teaspoons = 24 grams



G Force 400ml
10 teaspoons = 40 grams



Re-Think your Drink



Wave Chocolate Milk 600ml



Ribena Fruit Drink 330ml



Just Juice Fruit Juice 250ml



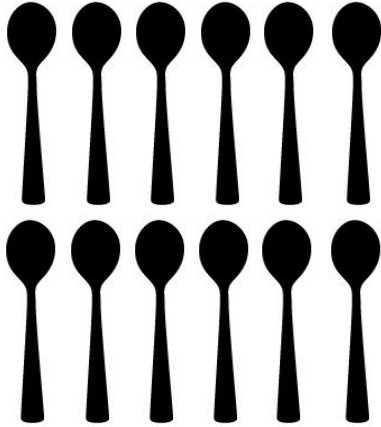
Mizone Sports Drink 750ml



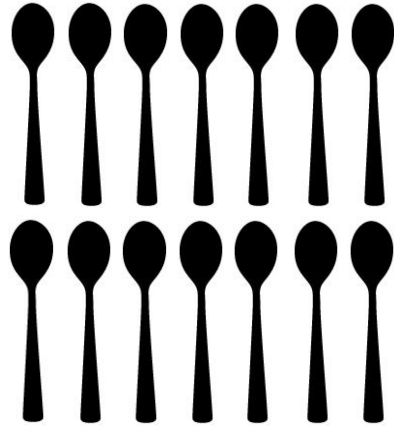
Water

Re-Think your Drink

Ribena Fruit Drink 330ml
12 teaspoons = 48g



Wave Chocolate Milk 600ml
14 teaspoons = 56 grams



Mizone Sports Drink 750ml
5 teaspoons = 20 grams



Just Juice Fruit Juice 250ml
7 teaspoons = 28 grams



Water
0 teaspoons = 0 grams



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