

WHO recommends consuming no more than 12 teaspoons of sugar per day

Did you know?

One can of soft drink (330 ml) contains about 8.5 teaspoons of sugar, the daily limit for children 4–5 years old (see table below).

Fruit juices are often seen as a healthier option; however, they can have as much or even more sugar than soft drinks.



Typical sugar content of drinks



330 ml =



8.5
TEASPOONS

Soft drink/ soda



330 ml =



5.5
TEASPOONS

Bottled ice tea



330 ml =



9.5
TEASPOONS

Powdered fruit-flavored drink mix



330 ml =



7
TEASPOONS

Flavored yoghurt drink



330 ml =



9.5
TEASPOONS

Fruit juice



330 ml =



7
TEASPOONS

Flavored milk drink



330 ml =



10
TEASPOONS

Energy drink