

Time to rethink that sugary drink?

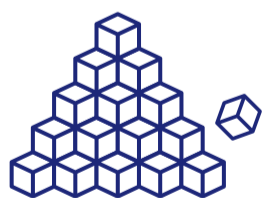
SUGARY DRINKS



INCLUDE ALL NON-ALCOHOLIC WATER-BASED BEVERAGES WITH ADDED SUGAR SUCH AS NON-DIET SOFT DRINKS, ENERGY DRINKS, FRUIT DRINKS, SPORTS DRINKS AND CORDIAL.



THERE ARE AROUND **16 TSP OF SUGAR** IN ONE 600ML BOTTLE OF REGULAR SOFT DRINK.

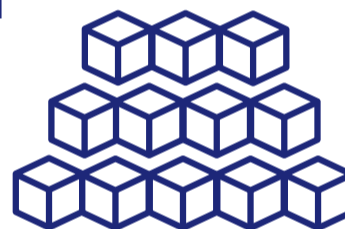


MORE THAN **\$129 MILLION** WAS SPENT ON ADVERTISING FOR SUGARY DRINKS IN AUSTRALIA BETWEEN 2016-18.

DRINKING A CAN OF SOFT DRINK EACH DAY WILL **INCREASE** YOUR RISK OF **TOOTH DECAY AND EROSION** EVEN IF IT'S SUGAR FREE.



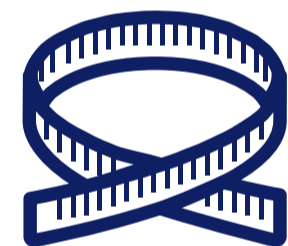
THE WORLD HEALTH ORGANISATION **RECOMMENDS** LIMITING ENERGY FROM FREE SUGARS TO AROUND **12 TEASPOONS A DAY** FOR AN AVERAGE ADULT.



HALF A LITRE OR MORE OF SOFT DRINK WAS CONSUMED DAILY BY **5.8 PER CENT** OF SOUTH AUSTRALIAN ADULTS AND **3.1 PER CENT** OF SOUTH AUSTRALIAN CHILDREN IN 2020.

IN SOUTH AUSTRALIA A TOTAL OF

14.6 PER CENT OF ADULTS AND **13.7 PER CENT** OF CHILDREN CONSUMED SOFT DRINK ON AN AVERAGE DAY IN 2021.



REGULARLY DRINKING SUGARY DRINKS IS LINKED TO **LONG-TERM WEIGHT GAIN.**

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CARRYING **EXCESS WEIGHT** IS A RISK FACTOR FOR UP TO **TYPES OF CANCER**, INCLUDING CANCER OF THE BREAST AND BOWEL.

Drink water. Naturally sugar-free since... forever.

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Cancer Council SA