



Time to Rethink that sugary drink?

Slushy




100mL = 2.5 tps

1100mL = 25 tps

Cola




100mL = 3 tps

600mL = 16 tps

Sports drink




100mL = 1.5 tps

600mL = 9 tps

Choc milk




100mL = 2 tps

375mL = 8.5 tps

Energy drink






100mL = 3 tps

250mL = 7 tps



100% fruit juice




100mL = 2.5 tps

250mL = 6 tps

Cordial




100mL = 2.5 tps

200mL = 5 tps



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