SIP SMART! BC™

HOW MUCH SUGAR ARE YOU DRINKING?

14

500 mL (2 cups)

21

500 mL (2 cups)

20

500 mL (2 cups)

10

355 mL (1 1/2 cups)

17

591 mL (2 1/2 cups)

14

500 mL (2 cups)

10

700 mL (2 3/4 cups)

9

350 mL (1 1/2 cups)

24

1000 mL (4 cups)

The amount of sugar in these drinks varies by product and choice. 1 sugar cube = approximately 1 teaspoon sugar.

BRITISH COLUMBIA PEDIATRIC SOCIETY

BRITISH COLUMBIA

Provincial Health Services Authority
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