ᓯᓚᔅ (1 ᓖᑕ)
Slushie (1 L)

ᓴᓂ ᑏ (500 ᒥᓚᓖᑕ)
Sunny DTM (500 ml)

ᐊᐅᓚᓇᖅᑐᑦ ᐃᒥᒐᑦ
(ᐃᒥᒐᐅᑎ)
Energy Drinks (can)

ᑏ ᓂᓚᖃᖅᖢᓂ (ᐃᒥᐅᑎ)
Iced Tea (bottle

ᐃᒥᒐᖅ (ᐃᒥᒐᐅᑎ)
Pop (can)

ᐃᒥᒐᑦᓴᐃᑦ ᓴᓇᔭᐅᓯᒪᔪᑦ ᐸᓂᖅᑐᒥᑦ (ᐃᕐᙳᓯᖅ ᐊᑕᐅᓯᖅ)
Drinks made with crystals or powder (1 cup)

ᐃᒥᖅ (500 ᒥᓚᓖᑕ)
Water (500 ml)

ᐃᒥᕐᓂᐊᖅᑕᑦ ᐃᓱᒪᒋᓇᓱᒃᑲᓐᓂᕐᓗᒍ
ᐅᔾᔨᕆᕙᒡᓗᒋᑦ ᓱᑲᑦ ᐃᒥᖅᑕᓐᓂᒃ!

ᐃᒥᖅᑕᑦ DRINK ᐊᓘᑎᕋᓛᑦ ᓱᑲᕐᒥᒃ TEASPOONS OF SUGAR

ᑖᒃᑯᐊ ᐃᒥᖅᑕᑎᑦ
ᖃᓄᑎᒋ ᓱᑲᖃᕐᒪᑕ?
ᑕᑯᔪᓇᖏᒃᑲᓗᐊᖅᑎᓪᓗᒋᑦ ᖃᓄᑎᒋ
ᓱᑲᖃᕐᒪᖔᑕ ᐃᒥᖅᑕᓐᓂᒃ. ᐊᑖᓂ
ᑕᑯᓗᒋᑦ ᑎᑎᕋᖅᓯᒪᔭᖏᑦ
ᖃᐅᔨᓇᓱᒡᓗᑎᑦ ᐊᓘᑎᕋᓛᓂᒃ
ᓱᑲᕐᓂᒃ ᐃᒥᖅᑕᐅᒐᔪᒃᑐᓂᒃ.

How much sugar
is in these drinks?
Many drinks have lots of sugar
in them even though you can’t
see it. Check out the list below
to find out how many teaspoons
of sugar are in some
common drinks.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10 11 12 13

1 2 3 4 5 6 7 8 9 10 11 12 13.5

1 2 3 4 5 6

O ᐊᓘᑎᕋᓛᑦ ᓱᑲᕐᒥᒃ / Teaspoons of sugar

Rethink your drink

Be aware of the sugar in your drinks!