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)

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 0.5

1 2 3 4 5 6

O

ᐃᒥᖅᑕᑦ DRINK ᐊᓘᑎᕋᓛᑦ ᓱᑲᕐᒥᒃ TEASPOONS OF SUGAR

ᐅᔾᔨᕆᕙᒡᓗᒋᑦ ᓱᑲᑦ ᐃᒥᖅᑕᓐᓂᒃ! Be aware of the sugar in your drinks!

ᐃᒥᕐᓂᐊᖅᑕᑦ ᐃᓱᒪᒋᓇᓱᒃᑲᓐᓂᕐᓗᒍ Rethink your drink

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.