

# HOW MUCH SUGAR DO YOU DRINK?



Maximum Daily Intake

4-6yrs

5

Sugar Cubes

7-10yrs

6

Sugar Cubes

11yrs+

7

Sugar Cubes

1 Sugar Cube = 4g



500ml can  
**13.8**  
Sugar Cubes



500ml bottle  
**13.3**  
Sugar Cubes



400ml bottle  
**10**  
Sugar Cubes



500ml bottle  
**5.8**  
Sugar Cubes



500ml bottle  
**5.8**  
Sugar Cubes



250ml bottle  
**5.4**  
Sugar Cubes



330ml pouch  
**4**  
Sugar Cubes



200ml bottle  
**0.5**  
Sugar Cubes

**1** The best choice is water or semi skimmed milk

**2** See the dentist – it's free for under 18s

**3** Brush twice a day for 2 minutes using a fluoride toothpaste

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Make water your no.1 drink

[www.enfield.gov.uk/healthyenfield](http://www.enfield.gov.uk/healthyenfield)

