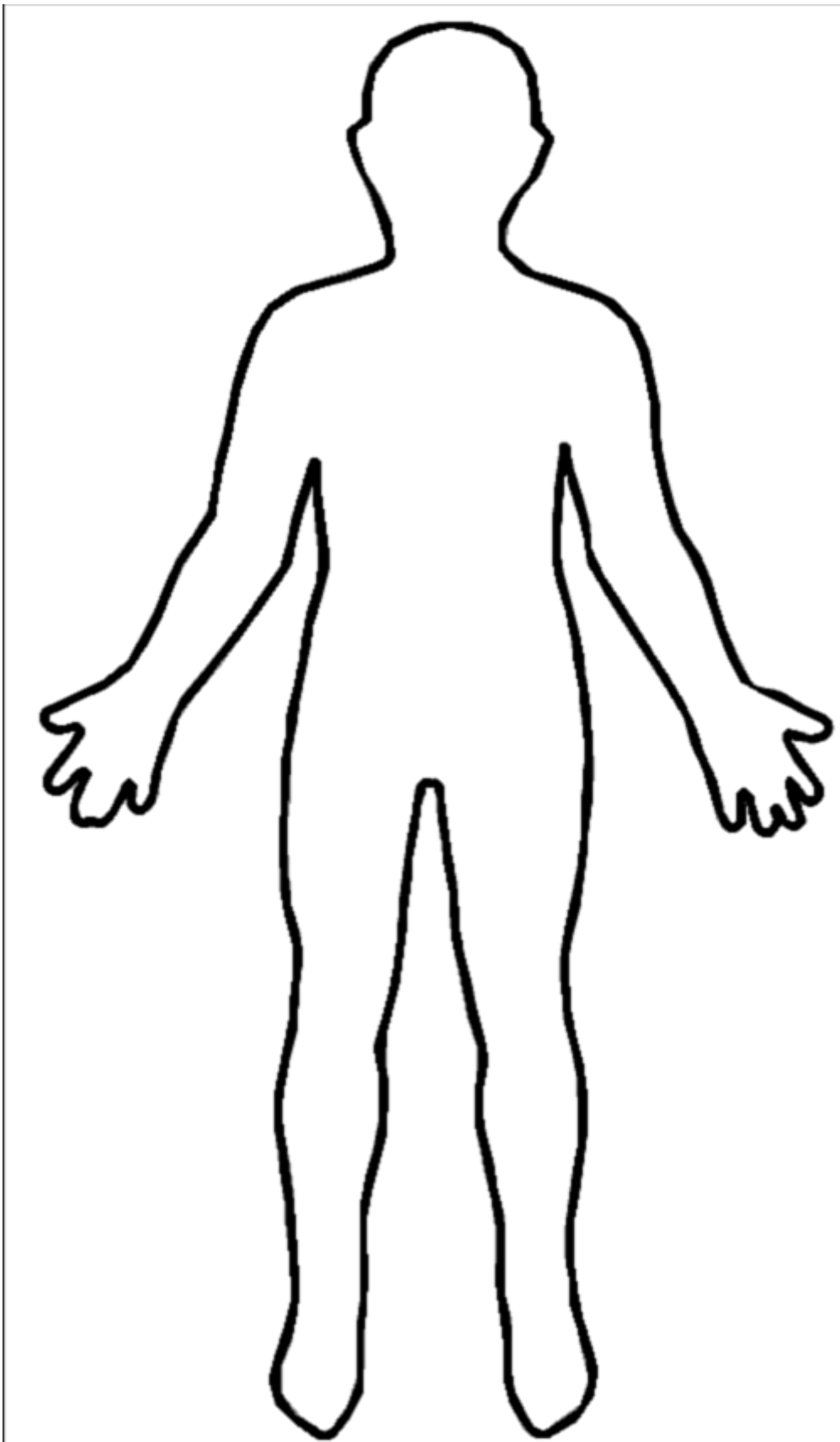




Healthy You





	Rockstar Xdurance	Energise Edge	Monster Energy	Monster Assault	Tiger	Red Bull Energy Drink	Red Bull The Blue Edition	Relentless Origin	Lucozade Energy Original	Boost	Tesco Blue Spark	Red Thunder	Blue Bear	Emerge	Monster Rehab	IXX Energy	Mountain Dew
	500ml	440ml	500ml	500ml	250ml	250ml	250ml	500ml	380ml	250ml	250ml	250ml	250ml	250ml	500ml	250ml	500ml
Sugar	17	14	14	14	7	7	7	6	4	3	3	3	3	3	3	1	0
	69g	55g	55g	55g	28g	28g	28g	24g	17g	12g	12g	12g	12g	11g	11g	4g	0g
Caffeine	2	2	2	2	1	1	1	2	1/2	1	1	1	1	1	2	1	1
	160mg	160mg	160mg	160mg	80mg	80mg	80mg	160mg	46mg	75mg	75mg	75mg	75mg	75mg	160mg	75mg	76mg

Pictures for Activity



69 grams of Sugar =
17 Teaspoons/sugar cube

55 grams of Sugar=
14 Teaspoons/sugar cubes





28 grams of Sugar=
7 Teaspoons/sugar cubes



17 grams of Sugar=
4 Teaspoons/sugar cubes



12 grams of Sugar =
3 teaspoons/sugar cubes

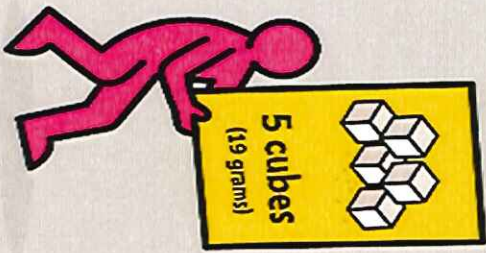


11 Grams of Sugar =
3 Teaspoons/sugar cubes

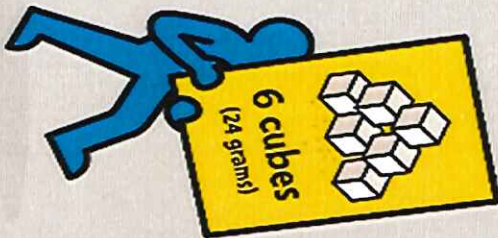


0 Grams of Sugar=
0 Teaspoons/sugar cubes

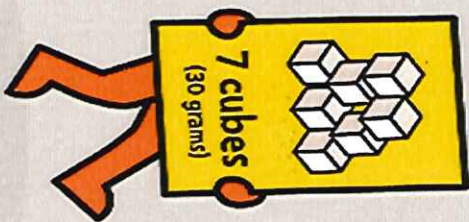
4-6 years



7-10 years



11+ years



* 1 cube = 4g sugar