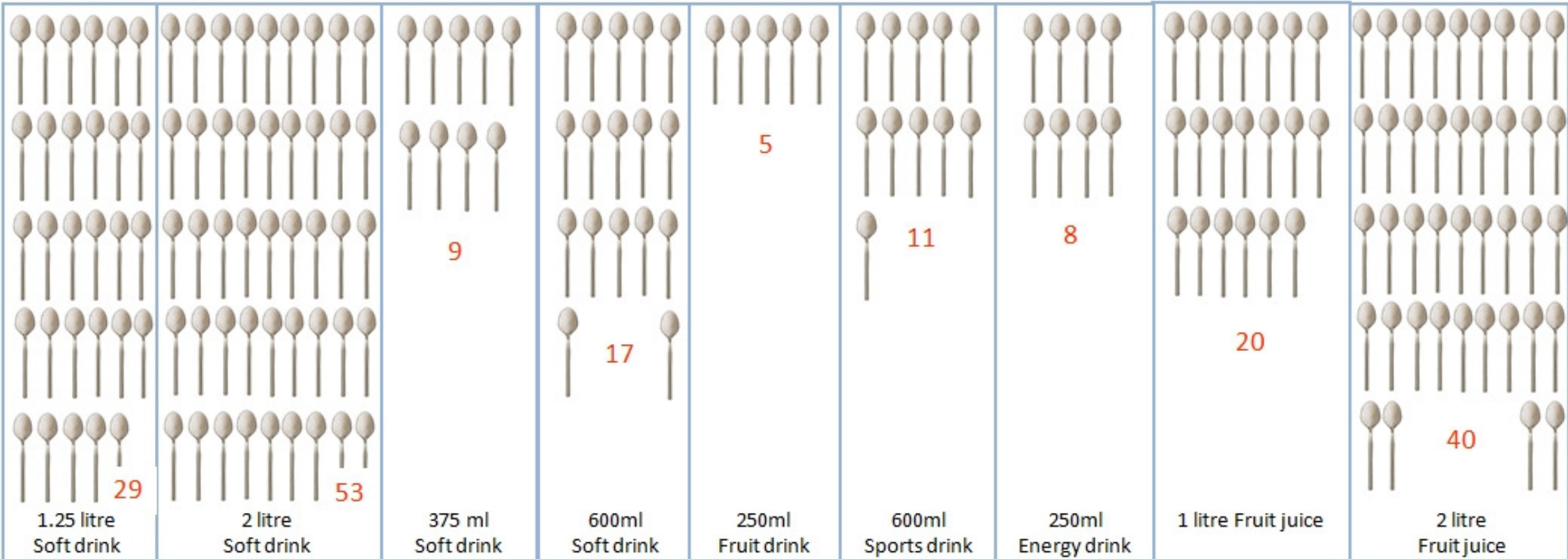
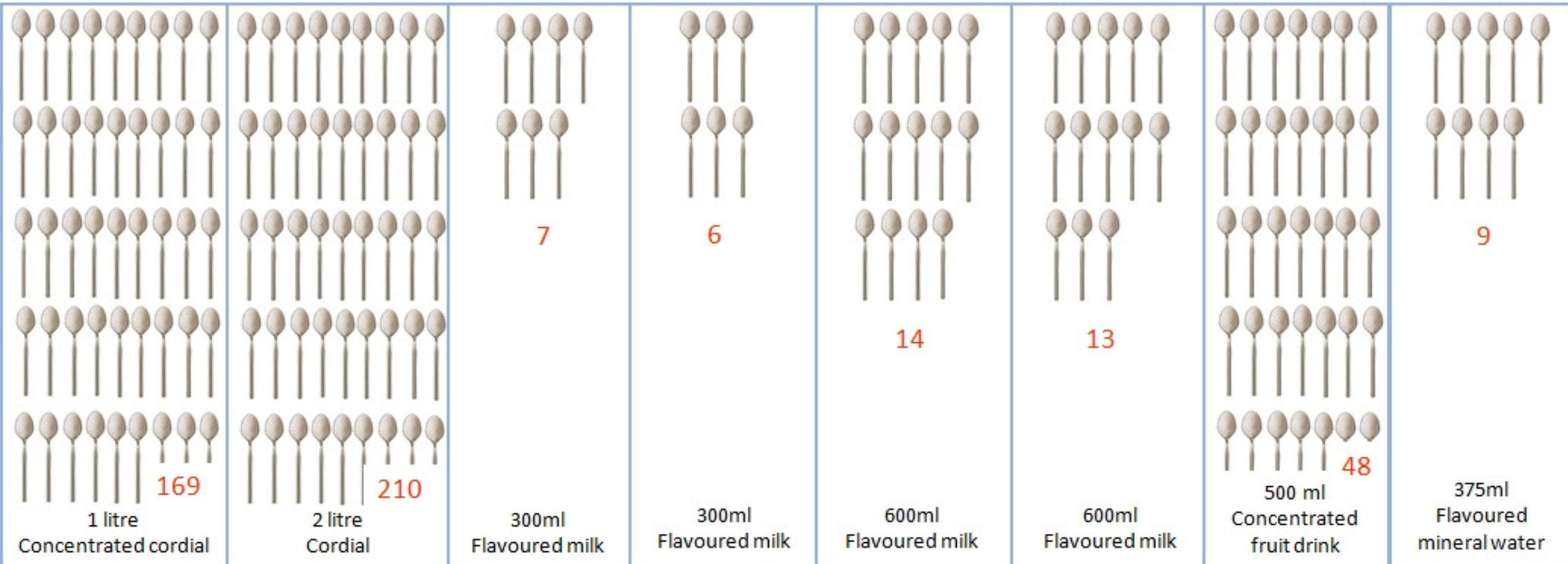


# High Sugar Drinks



# High Sugar Drinks





# Sugar Free & Low Sugar Drinks





















0	0	0	0	0	0	0	0	0
Bottled water 2 litres water	Sparkling Mineral Water	1 litre Diet cordial	375 ml Zero drink	250ml Diet energy drink	375 ml Diet drink	Coffee or Tea with sweetener	Tea – with no added sugar	Coffee – with no added sugar

# Alcohol and Energy\*

\*Moderate Walking equals 7 Kcal per minute  
<http://www.cdw.edu.au/prof/services/chism/factsheets/calories.pdf>



136 kcal	136 kcal	107 kcal	93 kcal	155 kcal	103 kcal	131 kcal	1400 kcal	224 kcal
								
20 min	20 min	15 min	15 min	22 min	15 min	20 min	4 hours	30 min
								
355 ml Full strength beer	375 ml Full strength beer	375 ml Mid strength beer	375 ml Light beer	425 ml Beer glass	285 ml Beer glass	255 ml Alcopop	2 litres Wine	375 ml Spirit soft drink mix

There is no need to print the following pages when printing and using this resource

## Health Professional Facilitator Information

The CDRO endeavours to provide resources which are accurate and appropriate, however you must at all times use your own professional judgement when using this resource

### Purpose of resource:

To provide information about the amount of sugar in beverages and the energy content in different alcoholic beverages.

### Target group:

This resource is designed to be used by Australians of all ages.

### Notes:

This resource is designed to be printed A3 size and then laminated.

### Acknowledgements:

This version of the resource was developed with the help of by Rob Tyson (Dietician) who provided the content and advice on the layout.

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