

SIP SMART! BC™

HOW MUCH SUGAR ARE YOU DRINKING?



14

500 mL (2 cups)



21

500 mL (2 cups)



20

500 mL (2 cups)



10

355 mL (1 1/2 cups)



8

591 mL (2 1/2 cups)



14

500 mL (2 cups)



10

700 mL (2 3/4 cups)



17

591 mL (2 1/2 cups)



24

1000 mL (4 cups)

The amount of sugar in these drinks varies by product and choice. 1 sugar cube = approximately 1 teaspoon sugar.

