



How many teaspoons of sugar are in
a 600mL bottle of soft drink?

16 teaspoons

Proudly supported by:



How many teaspoons of fat and
sugar are in a 600mL carton of
chocolate milk?

14.5 teaspoons

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How many teaspoons of sugar are in
a 250mL can of energy drink?

7 teaspoons

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How many teaspoons of sugar are in
a 600mL bottle of sports drink?

9 teaspoons

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How many teaspoons of sugar are in
a 314mL container of frozen soft
drink?

10.5 teaspoons

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How many teaspoons of sugar are in
a 600mL juice box (25% juice)?

14.5 teaspoons

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How many teaspoons of sugar are in
a 265 mL homemade Super Fruity
Smoothie?

5.5 teaspoons

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How many teaspoons of sugar are in
a 500 mL iced tea?

5.5 teaspoons

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How many teaspoons of sugar are in
a 610 mL Mango Magic Smoothie?

19.5 teaspoons

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How many teaspoons of sugar are in
a 500mL energy drink?

13.5 teaspoons

Proudly supported by:



Department of Health
Department of Education
Department of Regional
Development



ROYALTIES
FOR REGIONS