

UNCOVER THE SWEET TRUTH



DO YOU KNOW HOW MUCH SUGAR IS IN YOUR DRINKS?

The heart foundation recommends no more than 6-9 teaspoons of added sugar per day from all food and drinks (including your tea and coffee). ReThink your drink.



* teaspoons of sugar per 500 ml drink



THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA

Boost your overall health and wellbeing. Reducing sugar intake is good for weight management, eye care, dental care, wound healing, gut health, mood regulation, sustaining all-day energy and reducing the risk of diabetes and heart disease.

COACHING, COUNSELLING,
HEALTH INFORMATION, OR ADVICE.



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