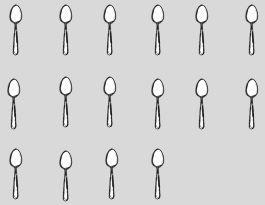
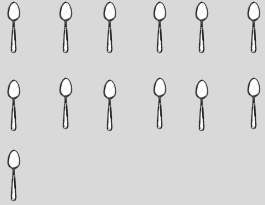


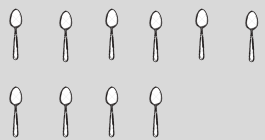
HOW MUCH SUGAR DO YOU DRINK?



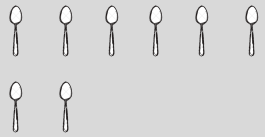
16 teaspoons
in a 600ml
bottle



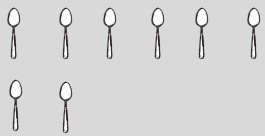
13 teaspoons
in a 600ml
bottle



10 teaspoons
in a 600ml
bottle



8 teaspoons in
a 200ml box



8 teaspoons in
a 250ml can

THE PROBLEM WITH TOO MUCH SUGAR:

TOOTH DECAY



WEIGHT GAIN



HEALTHIER CHOICES:



Water



Milk



Lassi
(Mohi)



Green, Black
or Chiya Tea