

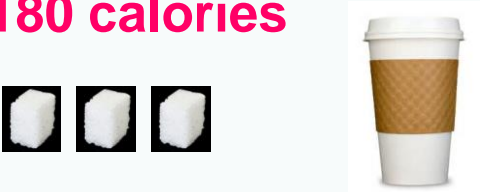



Drinks can contain a lot of energy without us realising.

If drunk often or in large amounts, drinks which are high in energy can cause our weight to increase.

The information below gives an idea of the energy and sugar content of some popular drinks.

- Each sugar lump represents 4g of sugar.
- The energy and sugar content is for around 330ml of each drink – that's a large mug or a can size
- The sugar content of the latte and the pure fruit juice is naturally occurring – it hasn't been added.

<h2>Energy in Drinks</h2>	
<p><b>Glass Water</b> <b>0 calories</b></p> 	<p><b>Can Fizzy Juice</b> <b>100 - 150 calories</b></p> 
<p><b>Latte (full fat milk)</b> <b>180 calories</b></p> 	<p><b>Pure Fruit Juice</b> <b>150 calories</b></p> 
<p><b>Small changes can make a big difference!</b></p>	