



## How much sugar do you drink?

In 2 days our **6,538** secondary school pupils involved in the CensusAtSchool drank **15,037** cans and bottles of soft drink.



That is an average of **2.3** cans or bottles per pupil every 2 days.

Using this data, can you work out:

1. How many cans would be drunk per pupil
  - a) each day?
  - b) each month? (30 days)
  - c) each year?

Did you know there is 39 grams of sugar in every can or bottle of coke? Assuming that all soft drinks have a similar amount of sugar, can you work out:

2. How many grams of sugar would be consumed on average per pupil :
  - a) each day?
  - b) each month? (30 days)
  - c) each year?

Work out how many soft drinks you drink on average in two days.

3. How much sugar do you drink on average:
  - a) each day?
  - b) each month? (30 days)
  - c) each year?

No. soft drinks drunk in 2 days	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Sugar drunk each day (g)	0	20	39	59	78	98	117	137	156	176	195
Sugar drunk each month (kg)	0	0.6	1.2	1.8	2.4	3.0	3.6	4.2	4.7	5.3	5.9
Sugar drunk each year (kg)	0	7.1	14.2	21.4	28.5	35.6	42.7	49.8	56.9	64.1	71.2



Some things to think about!

The 'average' Australian consumes on average 50 kg of sugar each year. This includes all foods however and not just soft drinks.

Of this 50 kg of sugar consumption, 14.5kg or 29 per cent is consumed through drinks. Therefore if you drink over 2 cans or bottles of softdrink every two days, you are consuming more sugar through drinks than the average Australian.

If you drink over 7 cans or bottles every two days, you are consuming through soft drink only, more than the total amount of sugar consumed by the average Australian through food and drink.