**Drinking our kilojoules**

One of the biggest culprits for overconsumption of sugar is sugary drinks and fruit juice. Sugary drinks are energy-dense (high in kilojoules) but low in nutrition.

According to Vitality Dietician, Terry Harris, fruit is high in sugar, but whole, fresh fruit also contains fibre too. This is why eating whole fruit makes you feel fuller, which means you're less likely to consume too much of it. However, this is not true for fruit juice, energy drinks and other sweetened drinks.

While the World Health Organization recommends a maximum of 25g of sugar a day for adults, some adults consume up to 100g – with sugar-sweetened beverages being a major contributor.

Why does this matter? Because **the addition of just one soft drink a day can increase the risk of diabetes and obesity by 26%.**

Learn to identify the hidden sugar in what you’re drinking:

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| Fizzy soft drink | 11g or 3 teaspoons of sugar per 100ml  |
| Energy drink  | 11g or 3 teaspoons of sugar per 100ml  |
| Tonic water  | 9g or 2 teaspoons of sugar per 100ml  |
| Regular sports drink  | 6g or 1 teaspoon of sugar 100ml |
| Iced tea  | 4g or 1 teaspoon of sugar per 100ml  |