**Beware of your beverages**

One of the biggest culprits for overconsumption of sugar? Sugary drinks and even fruit juice.

Sugary beverages are the biggest offenders. They are energy-dense (high in kilojoules) but low in nutrition. When it comes to fruit juice, we’re often tricked into thinking we’re making a healthy choice. But while eating whole fruit makes you feel fuller, this is not true for fruit juice, so it’s easy to overconsume.

The World Health Organization recommends a maximum of 25g (6 teaspoons) of sugar a day for adults, but with sugar-sweetened beverages, this amount can easily move up to 100g – far more than our daily max.

**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:**

* Fizzy soft drink: 3 teaspoons per 100ml
* Energy drink: 3 teaspoons per 100ml
* Tonic water: 2 teaspoons per 100ml
* Sports drink: 1 teaspoon of sugar per 100ml
* Iced tea: 1 teaspoon of sugar per 100ml

**Our advice?** Opt for water which you can make more exciting by adding mint and lemon.