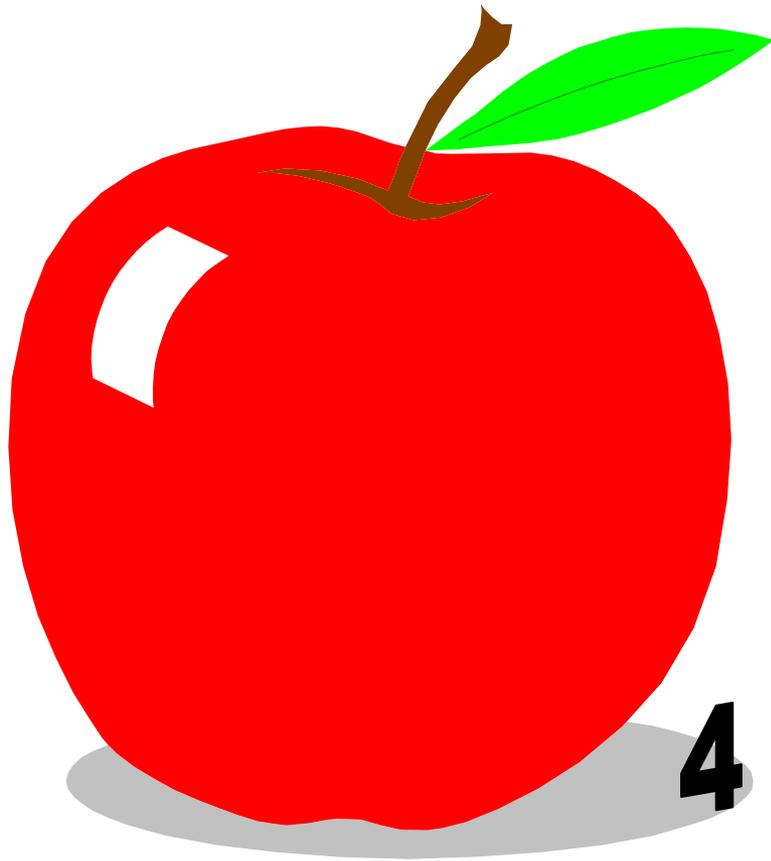
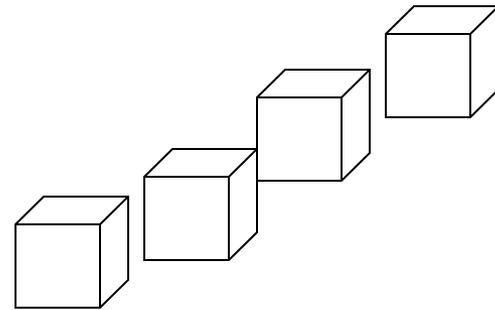


Apple



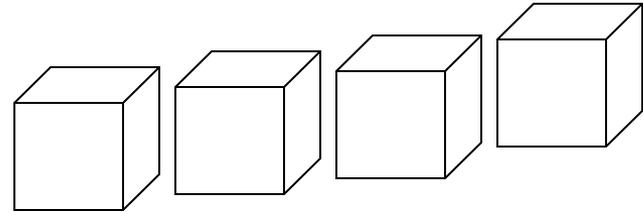
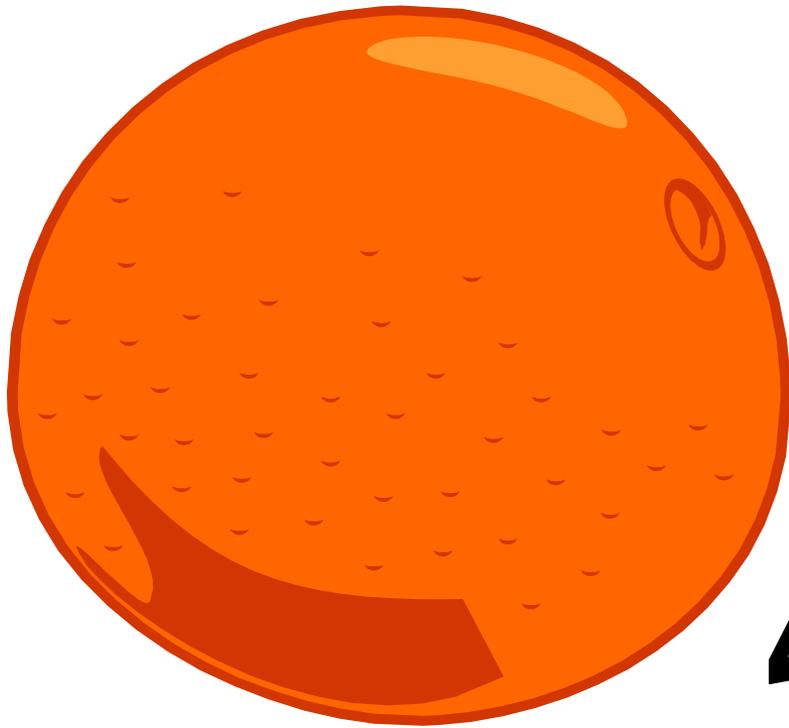
Medium Sized



4 teaspoons sugar

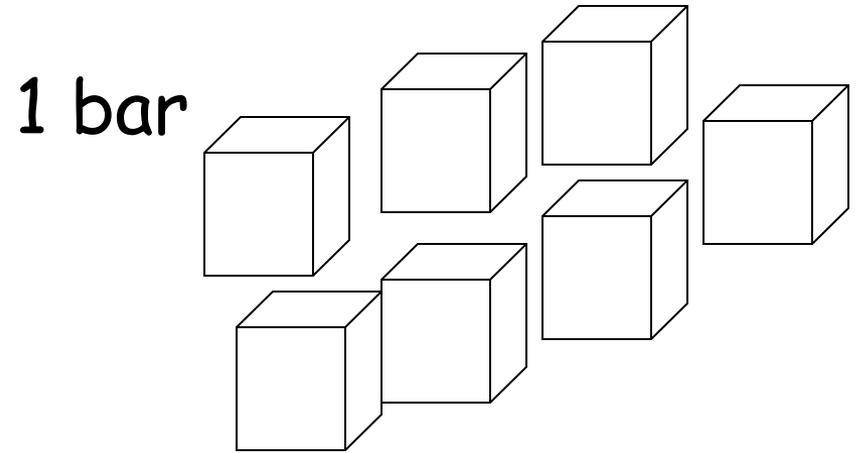
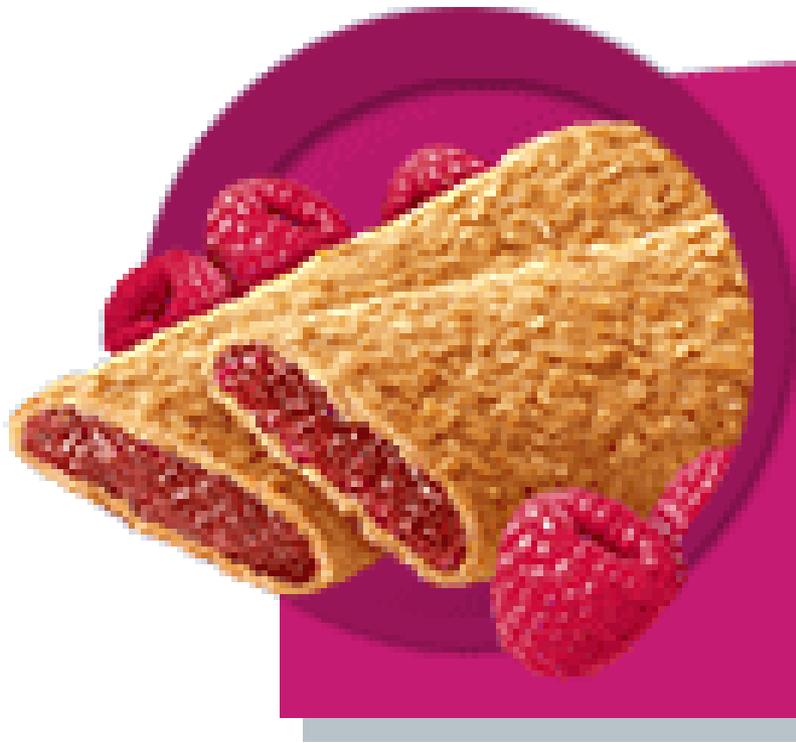
Orange

1 medium



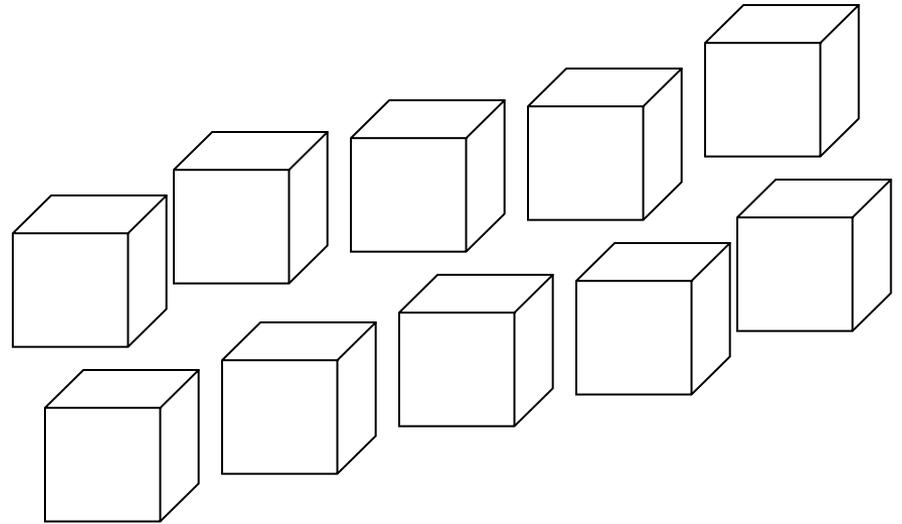
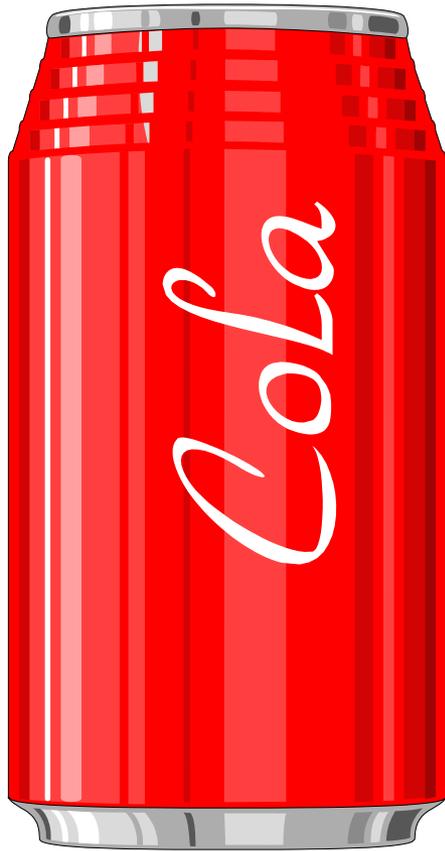
4 teaspoon sugar

'Fruit' Filled Cereal Bar



7 teaspoons sugar

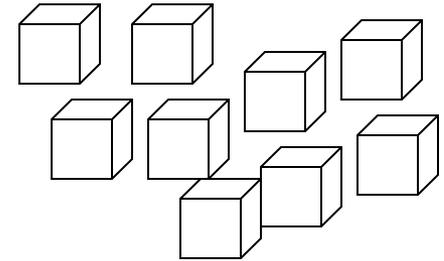
Pop - 1 can 355 ml



10 teaspoons sugar

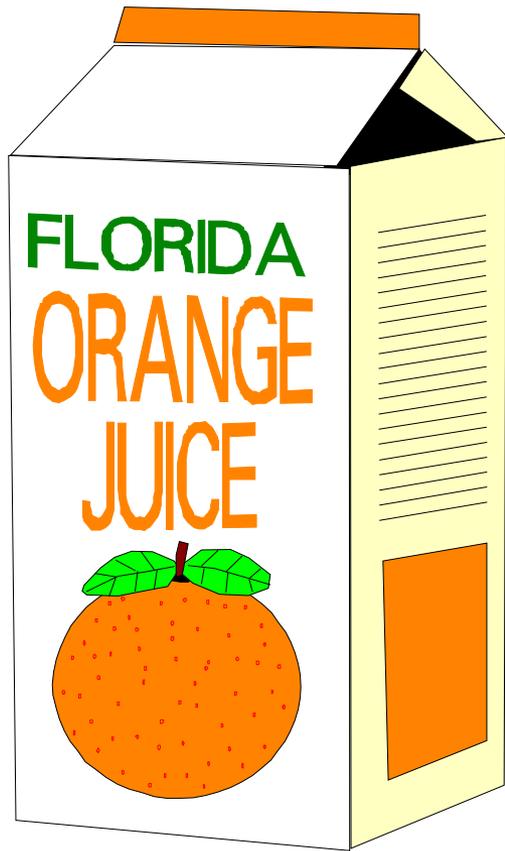
Kool Aid / Sunny Delight

12 oz (375 ml) cup

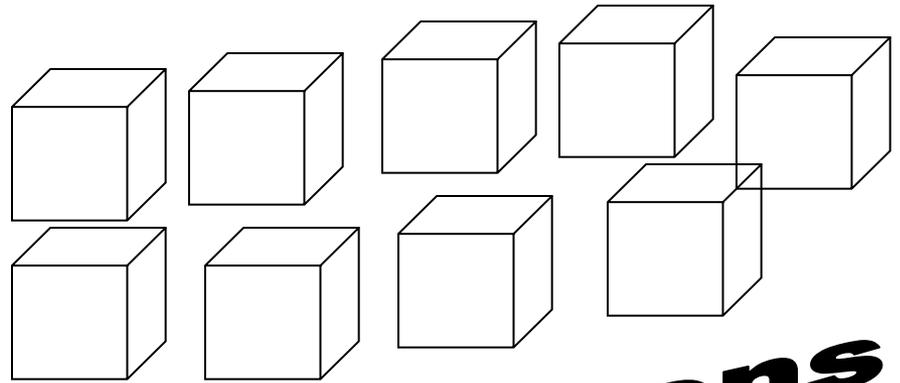


9 teaspoons sugar

Orange Juice

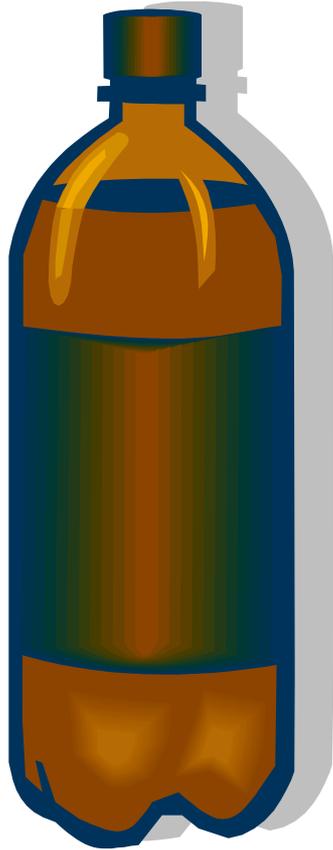


1 cup - 250 ml

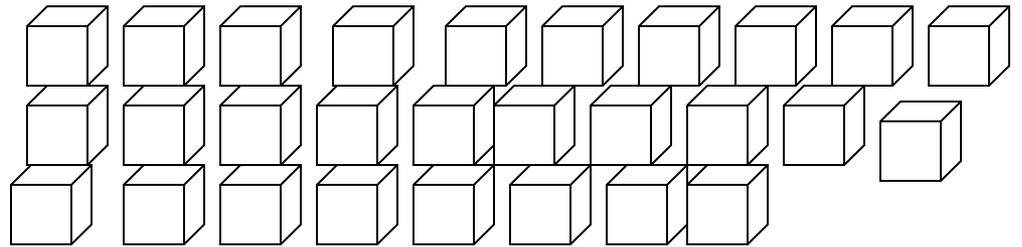


**8.5 teaspoons
sugar**

Regular Pop



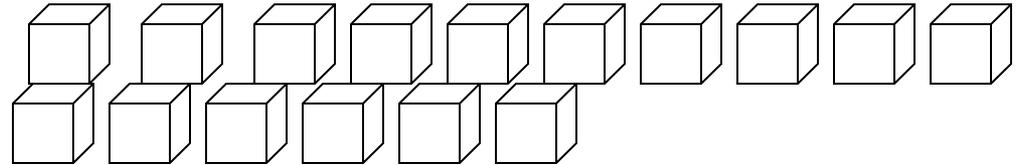
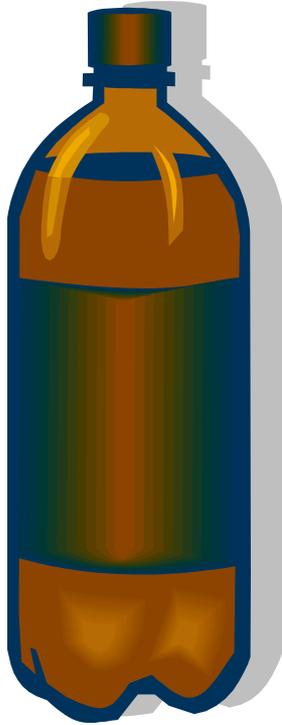
1 Litre Bottle



28 Teaspoons Sugar

Regular Pop

- 600 ml Bottle

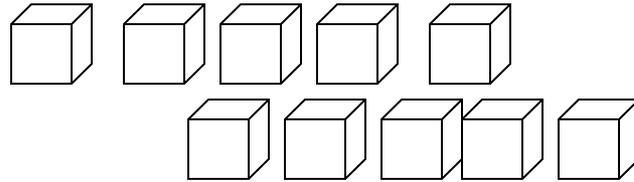


16 Teaspoons Sugar

Ice Tea



473 mL Bottle

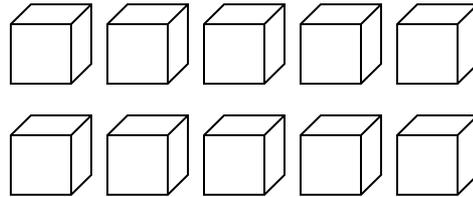


10 Teaspoons Sugar

Sports Drink



710 mL Bottle



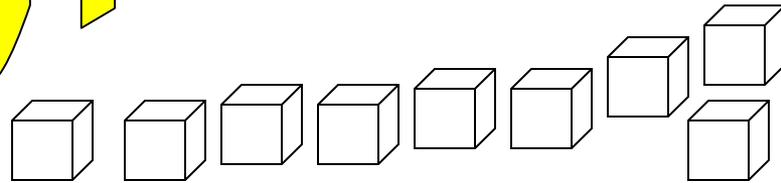
11 Teaspoons Sugar

Energy Drinks



250 ml Can

Caffeine = approx 1
cup of coffee

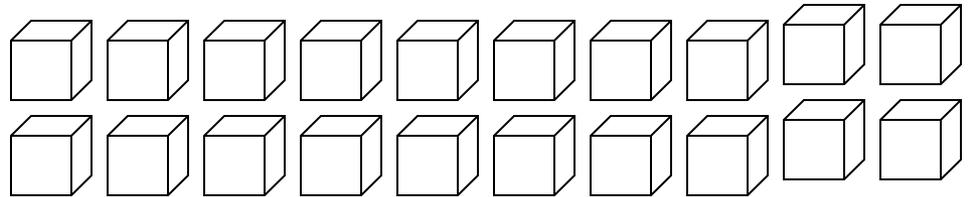


9 Teaspoons Sugar

Energy Drinks



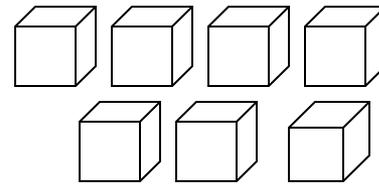
600 mL Cans/Bottles
Caffeine = 2-3 cups
coffee



20 Teaspoons Sugar

Chocolate Milk

250 mL Carton



7 Teaspoons Sugar

Iced Cappuccino



Small - 7 tsp Sugar

Medium - 11 tsp Sugar

Large - 14 tsp Sugar

Frappuccino



Tall - 11 tsp Sugar

Grande - 15 tsp Sugar

Venti - 20 tsp Sugar

Blizzard Ice Cream

Small - 18 tsp Sugar

Medium - 20 tsp Sugar

Large - 25 tsp Sugar

