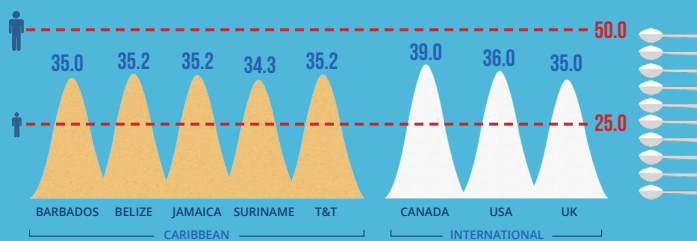
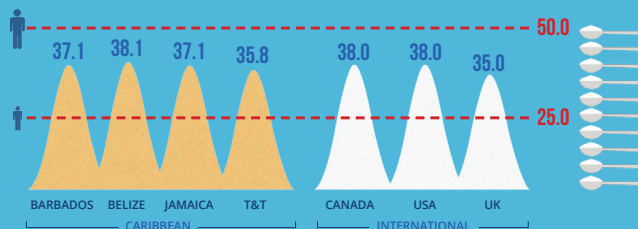


# THE FOLLOWING SHOWS THE SUGAR CONTENT IN GRAMS PER 330ML SERVING FOR WELL KNOWN POPULAR INTERNATIONAL SUGAR SWEETENED DRINKS

## COCA COLA



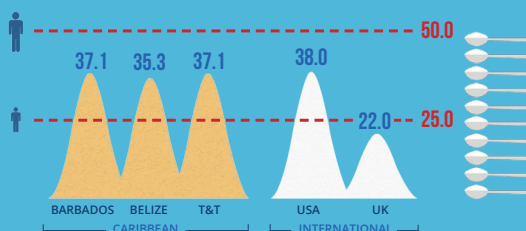
## PEPSI



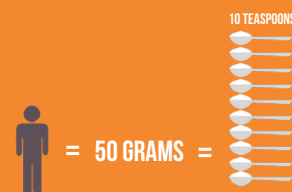
CHILDREN AGED 2 - 18 YEARS SHOULD CONSUME LESS THAN 25 GRAMS OF ADDED SUGARS DAILY<sup>1</sup>



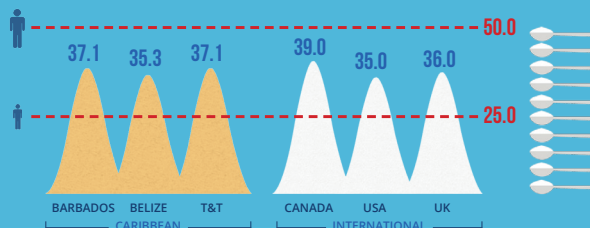
## SPRITE



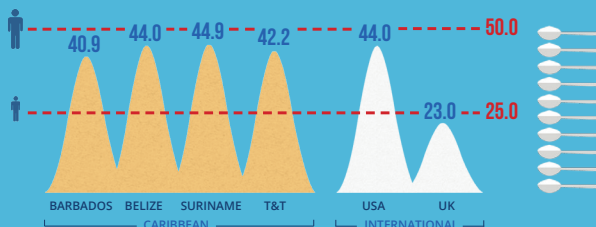
ADULTS SHOULD CONSUME LESS THAN 50 GRAMS OF FREE SUGARS DAILY<sup>2</sup>



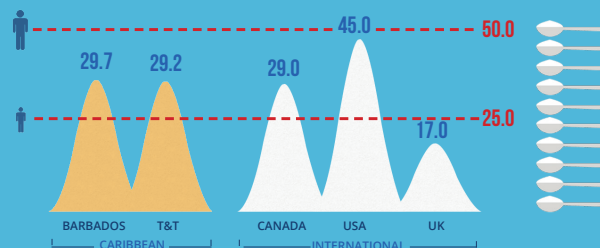
## 7UP



## FANTA ORANGE



## SCHWEPPE'S TONIC WATER



Source of data: HCC members in participating countries submitted photos of product packaging between Jan 2016 and August 2016. In some cases, this has not been independently verified by the HCC. International Sugar-Sweetened Soft Drink Data from survey by [Action on Sugar UK](#)

Serving Size: Actual and average serving sizes are presented for products. An average was used to facilitate product comparisons as serving sizes vary considerably between products. The average serving size used is 330mL based on work done by [Action on Sugar UK](#).

<sup>1</sup>Recommended Daily Maximum Intake Children: For children 2-18 years, the American Heart Association (AHA) recommends a maximum daily intake of added sugars of 25g.

<sup>2</sup>Recommended Daily Maximum Intake Adults: For adults, the WHO recommends reducing the daily intake of free sugars to less than 10% of total energy intake (strong recommendation) or 50g. [The WHO recommends a further reduction of the daily intake of free sugars from 10% of total energy intake (50g) to below 5% of total energy intake or less than 25g to provide additional benefits.]