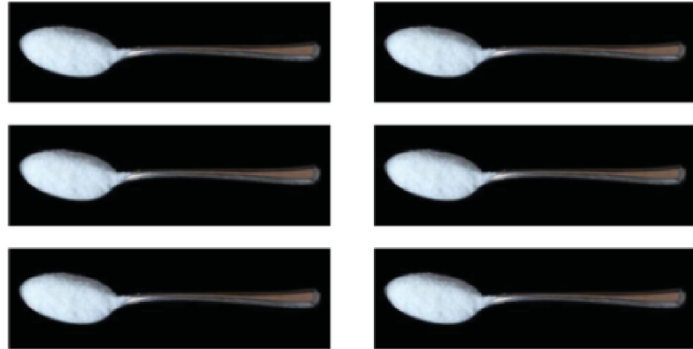




**A can of cola
(330mls)**



**A bowl of chocolate
flavour toasted rice**



**6 teaspoons of
sugar**



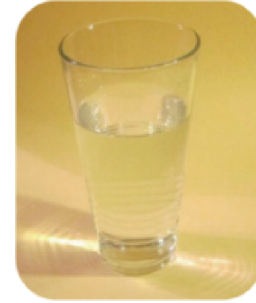
**2 teaspoons of
sugar**

Image of a 200 ml
carton of juicy water

**A carton of
juicy water
(200mls)**



**2 1/2 teaspoons
of sugar**



**A glass
of water**

**0 teaspoons
of sugar**



**A bowl of whole wheat
cereal biscuits**

**Only a tiny
bit
(a pinch of
sugar!)**



**A carton of
orange juice
(200mls)**



**3 1/2 teaspoons
of sugar**



**A glass of
diluted squash**



**1 teaspoon
of sugar**

Image of a 200 ml bottle
of fruit juice drink

**A bottle of fruit
juice drink (200mls)**



**3 1/2 teaspoons
of sugar**

Some images included in this appendix are from iStock.com:

Jogging icons flat/Macrovector