

# CAFFEINATED DRINKS

## LOCAL VS WESTERN

Local and Western caffeinated drinks are remarkably different. But do you know how they differ when it comes to sugar content?  
Get the sweet truth about your favourite caffeinated drinks, as we pit local favourites against their Western equivalents.

### DID YOU KNOW?

Added sugar should contribute to no more than 10% of our daily energy intake? That roughly equates to 9 – 11 teaspoons of sugar a day.

1 teaspoon of sugar = 5 grams of sugar = 20 kcal

