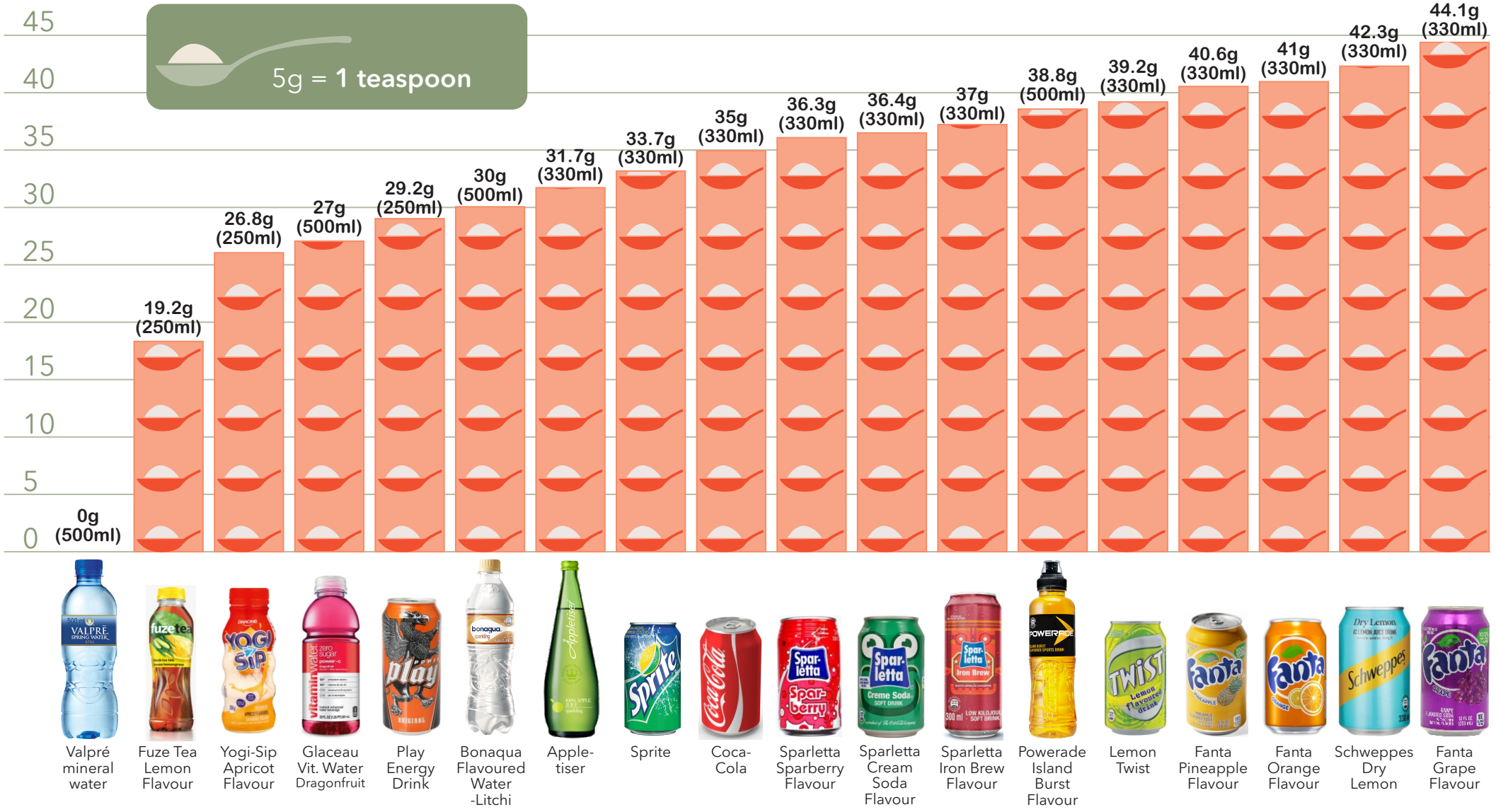
THE SUGAR SCALE

diabetes care CENTURION

Here are a few popular drinks, let's see how much sugar each one contains. You will find the results surprising, even "healthier" drinks, such as flavoured mineral water and drinking yogurt, contains a large amount of sugar