



# NWT SIP SMART™

## A RESOURCE FOR REDUCING SUGAR-SWEETENED BEVERAGES



500 mL (2 cups)



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355 mL (1 1/2 cups)



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500 mL (2 cups)



250 mL (1 cup)



700 mL (2 3/4 cups)



591 mL (2 1/2 cups)



1000 mL (4 cups)

The amount of sugar in these drinks varies by product and choice. 1 sugar cube = approximately 1 teaspoon sugar.