“Apart from the
in the morning, the
and
throughout the day, the I have with
lunch and the in
the evening, I never
ever touch sugar.”

A mere seven teaspoons of sugar a day can be harmful to health. Yet you could easily consume more
than that in your drinks by lunchtime. So apart from the fact we need brands to reduce their sugar content,
clearer labelling and a wider public understanding of the dangers of excess sugar, everything’s fine.