

# 市售飲料 含糖量



How much sugar is really in your favorite drinks?

10 顆方糖  
10 cubes

12 顆方糖  
12 cubes

13 顆方糖  
13 cubes

4 顆方糖  
4 cubes

5 顆方糖  
5 cubes

9 顆方糖  
9 cubes

4 顆方糖  
4 cubes

5 顆方糖  
5 cubes

7 顆方糖  
7 cubes

1 顆方糖  
1 cubes

2 顆方糖  
2 cubes

4 顆方糖  
4 cubes

(1顆方糖 = 5 公克糖 ; 1 cube = 5g sugar)