

To reduce total sugar intake per day, one can reduce the number of cups of coffee or reduce the number of teaspoons of sugar per cup of coffee

BASELINE

Thembi drinks 6 cups of coffee a day, with 2 spoons of sugar per cup



Thembi drinks 12 teaspoons of sugar everyday
How can Thembi reduce her sugar intake?

LOAD BASED

Thembi reduces her sugar by cutting the number of cups of coffee per day



In both scenarios Thembi has reduced the number of teaspoons of sugar per day to only 6 teaspoons. However on load based reduction she has also reduced her caffeine intake.

CONCENTRATION BASED

Thembi reduces her sugar by cutting the number of teaspoons of sugar per cup of coffee

