

Is there more sugar in this drink than you think?



Sugar is a common cause of tooth decay
Check our guide to find out more about the sugar in drinks

FIZZY DRINKS (Regular)		
Drink/Description	Sugar per 200ml Serving	Equivalent in Cubes of Sugar
Lucozade	34.4g	7
Club Orange	26g	5
Fanta Orange	24.8g	5
7UP	22.4g	4
Coca Cola	21.2g	4
Pepsi	21.2g	4
Sprite	13.2g	3

FIZZY DRINKS (Diet)		
Drink/Description	Sugar per 200ml Serving	Equivalent in Cubes of Sugar
Fanta Zero	1.6g	0
Diet Coke	0g	0
7UP Free	0g	0
Pepsi Max	0g	0

SMOOTHIES		
Drink/Description	Sugar per 200ml Serving	Equivalent in Cubes of Sugar
Juice Press (Raspberry & Blueberry Smoothie)	30.4g	6
Naked (Mango Juice Smoothie)	23.8g	5
Innocent (Mango & Passion Fruit)	21.8g	4
Tesco (Strawberry & Banana Smoothie)	19.2g	4

HIGH FRUIT SQUASHES OR CORDIALS		
Drink/Description	Sugar per 200ml Serving	Equivalent in Cubes of Sugar
Royal Orchard High Juice (Lidl) (Blackcurrant)	27.4g	5
Asda High Juice (Blackcurrant)	20g	4
Sainsbury's High Juice Squash (Blackcurrant)	17.6g	4
Royal Orchard High Juice (Lidl) (Orange)	17.2g	3
Asda High Juice (Florida Orange)	17g	3
Sainsbury's High Juice Squash (Orange)	16.5g	3
Tesco High Juice (Orange Squash)	15.8g	3

REGULAR SQUASHES OR CORDIALS		
Drink/Description	Sugar per 200ml Serving	Equivalent in Cubes of Sugar
Ribena (Strawberry or Blackcurrant)	21g	4
Vimto Original Squash	9.5g	2
Miwadi Orange	4.5g	1
Robinsons (Orange & Pineapple)	3.7g	1
Dunnes Stores (Orange Squash)	1.6g	0
Asda Orange (Double Strength Squash)	1.2g	0
Tesco (Double Strength Orange, Every Day Value)	0.16g	0

READY TO DRINK FRUIT JUICE DRINKS		
Drink/Description	Sugar per 200ml Serving	Equivalent in Cubes of Sugar
AMIGO (Orange Juice Drink)	23.2g	5
Ribena (Blackcurrant)	21g	4
Capri Sun (Apple & Blackcurrant Juice Drink)	20g	4
Sunny D (Citrus Juice Drink)	17g	3
J20 (Apple & Mango Juice Drink)	12.4g	2
Tesco Fruit Splash (Orange Juice Drink, No Added Sugar)	2.2g	0
Dunnes Stores (Apple & Blackcurrant Juice Drink, No Added Sugar)	2g	0
Tayto Park (Orange Fruit Juice Drink, No Added Sugar)	1.84g	0
Fruice Juicy (Tropical Juice Drink, with Added Vitamins)	1.8g	0
Robinsons Fruit Shoot (Low Sugar)	1.6g	0
Vimto (No Added Sugar)	1g	0

FRUIT JUICE DRINKS (Sweetened)		
Drink/Description	Sugar per 200ml Serving	Equivalent in Cubes of Sugar
Sainsbury's (Cranberry Juice Drink)	23.8g	5
Del Monte (44% Fruit Juice Drink) Tropical Flavour	23.6g	5
Ocean Spray Cranberry Classic (25% Fruit Juice from Concentrate)	22g	4

NO ADDED SUGAR SQUASHES OR CORDIALS		
Drink/Description	Sugar per 200ml Serving	Equivalent in Cubes of Sugar
Sainsbury's (High Juice Orange)	2.16g	0
Tesco (High Juice Orange)	2	0
Aldi (High Juice Orange)	2.16g	0
Ribena (Blackcurrant)	1g	0
Kia Ora Orange	0.64g	0
Aldi (Apple & Blackcurrant Squash)	0.56g	0
Dunnes Stores (Orange Squash)	0.5g	0
Miwadi Orange	0.32g	0
Robinsons (Orange & Pineapple)	0.32g	0
Fruice Orange (Double Strength)	0.24g	0
Sainsbury's (Squash Double Concentrate, Orange Basics)	0.08g	0

UNSWEETENED FRUIT JUICES (No added sugar, from concentrate or not)		
Drink/Description	Sugar per 200ml Serving	Equivalent in Cubes of Sugar
Jaffa Gold Orange Juice	22.4g	4
Copella (Not from Concentrate) Orange Smooth	20g	4
Tropicana (Not from Concentrate) Orange Original	20g	4
Sqeez (From Concentrate) Orange	18.2g	4
Sainsbury's (100% Pure Squeezed Smooth Orange Juice)	18.2g	4
Innocent (Not from Concentrate) Orange with Bits	16.4g	3

TOP TIPS FOR HEALTHY DRINKS

- Water and milk* are the best drinks for children at any time
- Read the labels on your child's drinks to check the sugar level**
- It's ok to have a small glass of 100% fruit juice or a smoothie once a day – in fact it counts as one of their 5 a day. These drinks should only be consumed at mealtimes due to acidity
- Squashes, cordials, juice drinks and fizzy drinks should only be consumed occasionally and at meal times – for toddlers add extra water***

*Low fat for children over 2. **5g is approximately 1 sugar cube. *** Dilute extra for under 3s.



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