

How much sugar

Do your drinks contain?



Rockstar Punched Energy Drink Guava (500ml) 335 cal

19.5 tps of sugar



Old Jamaica Ginger Beer (330ml) 201 cal

12.5 tps of sugar



San Pellegrino Limonata Italian Sparkling Lemon (330ml) 149 cal

8.25 tps of sugar



Red Bull (250ml) 115 cal

6.8 tps of sugar



Ocean Spray Cranberry Classic (200ml) 92 cal

5.5 tps of sugar



Lucozade Energy Pink (500ml) 286 cal

17 tps of sugar



Galaxy Smooth Milkshake (376ml) 255 cal

10.9 tps of sugar



Volvic Juiced Berry Medley (500ml) 130 cal

8 tps of sugar



Cawston Press Sparkling Elderflower Lemonade (330ml) 99 cal

6.1 tps of sugar



Ribeana (200ml) 83 cal

5 tps of sugar



Mountain Dew Citrus Blast (500ml) 240 cal

16.5 tps of sugar



This Juicy Water Lemons & Limes (420ml) 159 cal

9.1 tps of sugar



Britvic Orange 55 (275ml) 134 cal

7.5 tps of sugar



Dr Pepper (330ml) 96 cal

6 tps of sugar



Waltrose 50% Apple & Mango Juice (200ml) 66 cal

4 tps of sugar



Monster Energy (500ml) 235 cal

13.75 tps of sugar



Coca-Cola (330ml) 139 cal

8.75 tps of sugar



Shloer Red Grape Juice (275ml) 118 cal

7 tps of sugar



Capri-Sun Blackcurrant (200ml) 100 cal

6 tps of sugar



Sainsbury's High Juice Blackcurrant (200ml) 66 cal

3.9 tps of sugar



Caffe Nero Fruit Booster Raspberry & Orange (655ml) 236 cal

13.6 tps of sugar



Lipton Ice Tea Peach (500ml) 150 cal

8.5 tps of sugar



Sainsbury's Mango Juice (200ml) 121 cal

6.9 tps of sugar



Welch's White Grape Pear & Apple (200ml) 92 cal

5.7 tps of sugar



Bottlegreen Elderflower Cordial (200ml) 58 cal

3.6 tps of sugar

Image credit: Spencer, Ben (13th July, 2015) The drinks with up TWENTY teaspoons of sugar. Daily Mail. [Online]
www.dailymail.co.uk/news/article-3158589/Slap-20-tax-sugary-drinks-Doctors-demand-drastic-action-fight-obesity-crisis.html