

SUGAR IN DRINKS

Sugar content of drinks in teaspoons (tsp)

• Plain Water	0 tsp
• Pumped Lime Flavoured Water (750ml)	4 tsp
• Sparkling H2go Flavoured Water (700ml)	7 tsp
• Chocolate Milk (300ml)	6.5 tsp
• Keri Orange Juice (350ml)	8.5tsp
• Simply Squeezed Very Berry Smoothie (350ml)	13 tsp
• Simply Squeezed Very Berry Smoothie (800ml)	30 tsp
• Simply Squeezed Apple, Kiwi & Kale Juice (350ml)	9 tsp
• Just Juice Orange & Mango (400ml)	10.5 tsp
• Powerade (750ml)	11 tsp
• Gatorade (1L)	15 tsp
• Loaded Isotonic Sports Drink (1L)	15 tsp
• Coke (355ml can)	10 tsp
• Coke (600ml)	16 tsp
• Coke (1.5L)	41 tsp
• Coke (2.25L)	61 tsp
• Coke Life (600ml)	10 tsp
• Fanta (600ml)	18.5 tsp
• Sprite (600ml)	14.5 tsp
• Mountain Dew (600ml)	18.5 tsp
• L&P (600ml)	16 tsp
• Pepsi (600ml)	16.5 tsp
• Lipton Iced Tea – Peach (500ml)	6.5 tsp
• Bundaberg Ginger Beer (375ml)	10.5 tsp
• Bundaberg Lemon, Lime & Bitters (375ml)	11 tsp
• G Force (650ml)	9.5 tsp
• e2 (800ml)	19 tsp
• Starz Fizzy Drink (1.25L)	41 tsp
• Red Bull (330ml bottle)	9 tsp
• Lift Plus (355ml)	10.5 tsp
• V (250ml can)	7 tsp
• Demon Energy Drink (500ml can)	14 tsp
• Mother Energy Drink (500ml can)	13 tsp
• Monster Energy Drink (500ml can)	14 tsp
• NOS Energy Drink (500ml can)	15 tsp
• Most 355ml cans of fizzy drink have at least 10tsp of sugar in them	

When looking at food labels always look at the 'per 100g' column when comparing similar products, **BUT if you want to see how much sugar (in teaspoons) is in a drink that you will drink all of - look at the amount of sugar in the 'per serve' column and divide it by 4 as**
4g sugar = 1 teaspoon of sugar

Examples:

- 600ml Cola drink = 64g sugar per serve (there is 1 serving per package) so
 $64g \div 4 = 16\text{tsp}$ of sugar in a 600ml Cola drink
- 750ml Sports drink = 45g sugar (sucrose) per serve (there is 1 serving per package) so
 $45g \div 4 = 11\text{tsp}$ of sugar in a 750ml Sports drink
- 1.5L Cola drink = has 6 servings per package at 27g sugar per serving so.... $27g \times 6$
servings = 162g sugar in the whole bottle = $162g \text{ sugar} \div 4 = 40.5 \text{ teaspoons}$ sugar in a
1.5L Cola drink