

# What's in a drink?

## #BESUGARSMART

Teaspoons of sugar in:	100ml	330ml bottle/can	500ml
Water	0	0	0
Monster Energy (473ml)	3	–	13.5
Pepsi	2.9	9.5	14.5
Coca Cola	2.6	8.7	13.2
Fruit Shoot (237ml)	2.5	5	–
Capri Sun (200ml)	2.5	5	–
Fanta Orange	2.1	7	10.6
My5 Fruit Shoot (200ml)	2	4	–
Dr Pepper	1.8	6	9.1
Sprite	1.7	5.5	8.3
Red Bull (250ml)	1.7	4.2	12.5
Tango Orange	1.1	3.5	7
Volvic Lemon & Lime water	1.1	3.5	7
Lucozade Sport	1	–	5

1 teaspoon = 4g sugar

Recommended daily intake of added sugar:

For children under 5yrs only offer water or milk to drink.

- 11 years + is 30g or 7.5 teaspoons
- 7-10 years is 24g or 6 teaspoons
- 4-6 years is 20g or 5 teaspoons