

# Sugar Content of Drinks



| Drink<br>– 250 ml serve  | Energy (kJ)<br>per 250 ml | Equivalent<br>Teaspoons<br>sugar<br>per 250 ml |
|--------------------------|---------------------------|------------------------------------------------|
| Water                    | 0                         | 0                                              |
| Sports drink (Powerade)  | 332                       | 5                                              |
| Orange Juice (99%)       | 385                       | 5                                              |
| Fruit juice drink orange | 405                       | 6                                              |
| Cordial – diluted        | 390                       | 6                                              |
| Mineral Water –flavoured | 434                       | 6                                              |
| Soft drink - Cola        | 436                       | 7                                              |

**This table compares the sugar content of sweetened beverages to water.**

## Did you know?

- Fruit juice must contain 96% juice, Fruit Juice Drinks need only contain 5% juice. They both may contain added sugar – check labels
- Fruit juice contains some vitamin C, but ½ cup of most juices provides a child's daily requirement for Vitamin C
- Soft drinks, sports drinks, and juices, all contain sugar and acid which both contribute to dental decay
- Artificially sweetened drinks taste sweet, and so teach the habit of sweet drinks. They also contain acid, and contribute to dental decay
- Children who regularly drink soft drink and other sweetened drinks are more likely to be overweight
- The serving size of drinks may not be 250 ml, eg cans soft drink are 375 ml, bottles of sports drinks are 600ml