



## Sugar Awareness Quiz 2017: Give up Loving Pop Special

You may be surprised by the amount of sugars hiding in these soft drinks - especially in the perceived 'healthier' drinks, such as flavoured waters, available on supermarket shelves.

Whilst some drinks contain lots of fruit, they still contain high levels of fructose and no matter how much you drink only 150ml counts as one of your five a day – yet many of these portion sizes (500ml/250ml bottles and 500ml/330ml cans) exceed this quantity. In addition, when fruit is broken down in a smoothie, sugars are released from the cell wall and become free sugars – of which adults are only recommended to consume 30g/day.

Whilst the occasional sugary drink is fine, they are not recommended to be consumed on a daily basis and it's helpful to be aware of the sugar content of soft drinks so you can make informed and healthier choices in the future.

### Results

- 1) Weetabix Strawberry on the go drink contains **8.1g/100ml** compared to **3.6g/100ml** found in Lucozade Sport Orange.
- 2) This Water Lemon and Lime actually contains **7.5g/100ml** compared to **6.9g/100ml** in J20 Orange and Passionfruit.
- 3) San Pellegrino Limonata contains **8.9g/100ml** compared to **6.4g/100ml** found in Fanta Fruit Twist.
- 4) Cola Cola contains **10.6g/100ml**, however Pret A Manger's Green Goodness juice drink just beats it with **10.7g/100ml** – a close call but nevertheless contains more sugar than classic coca cola.
- 5) Innocent Smoothie with pomegranate, blueberries and acai contains **13g/100ml** of sugar, whereas Red Bull contains 2g less with **11g/100ml**.
- 6) Volvic Touch of Fruit Lemon and Lime contains **4.9g/100ml**, whereas Tango contains **4.2g/100ml**.

This information was located using online grocery stores and are correct of 3th November 2017.