

Think before you drink!

Typing “drinks” into your supermarket’s search engine can bring up results for over 600 items! With so many different potions to choose from it is no wonder some of us have tired of good old water. However, liquid calories often go undetected by the body and many studies have demonstrated that we do not compensate for extra calories in drinks throughout the day. Below are some examples of drinks which are substantially contributing to the UK’s sugar intakes and most likely to the UK’s rising levels of obesity*! Please think before you drink!!



Coca-Cola (500mls):

Sugar content =

10.6g/100ml=53g

53 g = **14 teaspoons!!**

Red Bull (250mls):

Sugar content =

11g/100ml= 27.5g

27.5g = **7 teaspoons!!**

Fruit shoot (250mls):

Sugar content =

11g/100ml= 27.5g

27.5g = **7 teaspoons!!**

Hot chocolate (small):

Sugar content=

10g/100mls= 23g

23g= **6 teaspoons!!**

Slim-fast milk(325mls):

Sugar content=

7g/100mls = 22.75g

22.75g= **6 teaspoons!!**

Lucozade (500mls):

Sugar content =

8.7g/100ml= 43.5g

43.5g= **11 teaspoons!!**

*represents sugar in drinks as shown on supermarket websites on 1/4/11

Don’t be fooled by “diet” or “low sugar” drinks either. Although the sugar is often reduced many sweeteners and chemicals such as aspartame and saccharin are added which make the juice more acidic and therefore are even more likely to damage your teeth! Additionally, when looking at a label which states this: **Typical values Per 100ml Energy 2kJ (0.5kcal) Protein 0g Carbohydrate 0g of which sugars 0g Fat 0g of which saturates 0g Fibre 0g Sodium Trace** shouldn’t we be wondering, with no recognisable source of food or nutrients, what on earth we are actually drinking?!