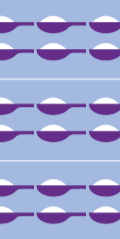


## Check before you choose

★ Sugary drinks, a leading cause of tooth decay, are also linked with **excess weight in children, which increases their risk of heart disease, cancer and type II diabetes.**



- ★ If choosing other drinks read the label to **check the sugar level, ideally choose no added or low-sugar options.**
- ★ Limit fruit juice or a smoothie to a small glass, once a day. **Always choose unsweetened.**
- ★ If your family is in the habit of drinking sugary drinks, **reduce them gradually. Only give them with a meal to reduce tooth decay.**
- ★ If choosing squash or cordial, **water it down well.**
- ★ Water is tastier when it's cold:
  - ★ Put a jug of water in the fridge
  - ★ Make it fun, use colourful cups and straws
- ★ **Do not introduce sugary drinks to toddlers** in the first place then you won't have to wean them off later.



## The facts about sugar in drinks

FIZZY Fizzy Drinks (Regular)		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Club Orange	26.4g	6
Fanta Orange	24g	6
7UP	22.4g	6
Pepsi	22.4g	6
Coca Cola	21.2g	5
Lucozade	17.4g	4
Sprite	13.2g	3

DIET Fizzy Drinks (Diet)		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Fanta Zero	1.6g	0
Diet Coke	0g	0
7UP Free	0g	0
Pepsi Max	0g	0

SMOOTHIE Smoothies		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Aldi Del Rivo (Oranges, Mangoes and Pineapple Smoothie)	27g	7
Naked (Mighty Mango Juice Smoothie)	25.3g	6
Juice Press (Raspberry and Blueberry Smoothie)	25.6g	6
Tesco (Strawberry and Banana Smoothie)	23.4g	6
Innocent (Mango and Passion Fruit)	22g	6
Lidl (Strawberry, Blackberry, and Raspberry)	17g	4

HIGH FRUIT High Fruit Squashes or Cordials		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Sainsbury's High Juice (Blackcurrant)	17.6g	4
Lidl Lindhouse High Juice (Blackcurrant)	16g	4
Asda High Juice (Blackcurrant)	15.4g	4
Lidl Lindhouse High Juice (orange)	12.8g	3
Tesco High Juice (Orange Squash)	12.2g	3
Asda High Juice (Florida Orange)	12g	3
Sainsbury's High Juice Squash (Orange)	12g	3

REGULAR Regular Squashes or Cordials		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Ribena (Strawberry or Blackcurrant)	20g – 20.8g	5
Vimto Original Squash	9.4g	2
Miwadi Orange	4.8g	1
Dunnes Stores (Orange Squash)	1.6g	0
Asda Orange (Double Strength Squash)	0.32g	0
Tesco (Double Strength Orange, Every Day Value)	0.16g	0

READY TO DRINK Ready To Drink Fruit Juice Drinks		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Amigo (Orange Juice Drink)	23.2g	6
Lidl plein sud (Orange Juice Drink)	22g	6
Ribena (Blackcurrant)	21g	5
Capri Sun (Apple and Blackcurrant Juice Drink)	20g	5
Sunny D (Citrus Juice Drink)	16.5g	4
J20 (Apple and Mango Juice Drink)	12.4g	3
Aldi Rio D'oro Sun Shots (Apple Juice Drink)	6.8g	2
Tesco Fruit Splash (Orange Juice Drink, No Added Sugar)	2.2g	0
Fruice Juicy (Tropical Juice Drink, With Added Vitamins)	1.8g	0
Robinsons Fruit Shoot (Low Sugar)	1.6g	0
Dunnes Stores (Apple and Blackcurrant Juice Drink, No Added Sugar)	0.4g	0
Vimto (No Added Sugar)	0g	0

SWEETENED Fruit Juice Drinks (sweetened)		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Del Monte (44% Fruit Juice Drink) Tropical Flavour	23.6g	6
Ocean Spray Cranberry Classic (25% Fruit Juice From Concentrate)	22g	6
Sainsbury's (Cranberry Juice Drink)	21g	5

NO ADDED SUGAR No Added Sugar Squashes or Cordials		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Aldi (High Juice Orange)	2.08g	0
Sainsbury's (High Juice Orange)	2g	0
Tesco (High Juice Orange)	2g	0
Robinsons (Orange and Pineapple)	1.4g	0
Ribena (Blackcurrant)	1g	0
Dunnes Stores (Orange Squash)	0.5g	0
Aldi (Apple & Blackcurrant Squash)	0.4g	0
Miwadi Orange	0.32g	0
Fruice Orange (Double Strength)	0.24g	0
Kia Ora Orange	0.2g	0
Sainsbury's (Squash Double Concentrate, Orange Basics)	0.08g	0

UNSWEETENED Unsweetened Fruit Juices (No Added Sugar, From Concentrate or Not)		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Jaffa Gold Orange juice	23.4g	6
Copella (Not From Concentrate) Orange Smooth	20g	5
Tropicana (Not From Concentrate) Orange Original	20g	5
Sqeez (from Concentrate) Orange	18.2g	5
Innocent (Not From Concentrate) Orange With Bits	16.4g	4
Sainsbury's (100% Pure Squeezed Smooth Orange Juice)	15.2g	4

4g is approximately 1 teaspoon. Assessment of the drinks was carried out in March 2016 by safefood based on drinks commonly available for purchase in retail outlets on the island of Ireland and does not represent a complete list.

For more handy tips and great ideas for you and your family, visit [www.safefood.eu](http://www.safefood.eu)