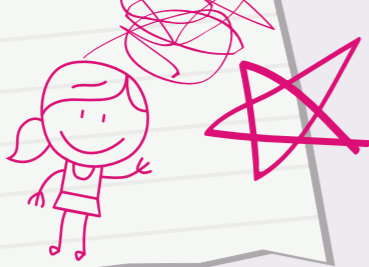


# YOUR GUIDE ON DRINKS FOR KIDS



- ✓ Water and milk\* are the best drinks for children at any time
- ✓ It's ok to have a small glass of 100% fruit juice or a smoothie once a day – in fact it counts as one of their 5 a day









- ✓ Squashes, cordials, juice drinks and fizzy drinks should only be consumed occasionally and at mealtimes – for toddlers, add extra water\*\*
- ✓ Read the labels on your child's drinks to check the sugar level\*\*\*













|  Drink / description | Grams of sugar per 200ml serving | Equivalent in cubes of sugar   |
|--|----------------------------------|--|
| FIZZY DRINKS (regular)   |                                  |  |
| Lucozade   | 34.4g                            | 7   |
| Club Orange  | 26g                              | 5   |
| Fanta Orange   | 24.8g                            | 5   |
| 7UP  | 22.4g                            | 4   |
| Coca Cola  | 21.2g                            | 4   |
| Pepsi  | 21.2g                            | 4   |
| Sprite   | 13.2g                            | 3  |

|  Drink / description | Grams of sugar per 200ml serving | Equivalent in cubes of sugar |
|--|----------------------------------|------------------------------|
| FIZZY DRINKS (diet)  |                                  |                              |
| Fanta Zero   | 1.6g                             | 0                            |
| Diet Coke  | 0g                               | 0                            |
| 7UP Free   | 0g                               | 0                            |
| Pepsi Max  | 0g                               | 0                            |














|  Drink / description | Grams of sugar per 200ml serving | Equivalent in cubes of sugar   |
|---|----------------------------------|--|
| HIGH FRUIT SQUASHES OR CORDIALS   |                                  |  |
| Royal Orchard High Juice (Lidl) (blackcurrant)  | 27.4g                            | 5    |
| Asda High Juice (blackcurrant)  | 20g                              | 4    |
| Sainsbury's High Juice Squash (blackcurrant)  | 17.6g                            | 4    |
| Royal Orchard High Juice (Lidl) (orange)  | 17.2g                            | 3    |
| Asda High Juice (florida orange)  | 17g                              | 3   |
| Sainsbury's High Juice Squash (orange)  | 16.5g                            | 3  |
| Tesco High Juice (orange squash)  | 15.8g                            | 3  |


|  Drink / description | Grams of sugar per 200ml serving | Equivalent in cubes of sugar   |
|---|----------------------------------|--|
| REGULAR SQUASHES OR CORDIALS  |                                  |  |
| Ribena (strawberry or blackcurrant)   | 21g                              | 4  |
| Vimto Original Squash   | 9.5g                             | 2  |
| Miwadi Orange   | 4.5g                             | 1  |
| Robinsons (orange & pineapple)  | 3.7g                             | 1  |
| Dunnes Stores (orange squash)   | 1.6g                             | 0  |
| Asda Orange (double strength squash)  | 1.2g                             | 0  |
| Tesco (double strength orange, every day value)   | 0.16g                            | 0  |

|  Drink / description | Grams of sugar per 200ml serving | Equivalent in cubes of sugar  |
|---|----------------------------------|---|
| READY TO DRINK FRUIT JUICE DRINKS   |                                  |   |
| AMIGO (orange juice drink)  | 23.2g                            | 5  |
| Ribena (blackcurrant)   | 21g                              | 4  |
| Capri Sun (apple and blackcurrant juice drink)  | 20g                              | 4  |
| Sunny D (citrus juice drink)  | 17g                              | 3  |
| J20 (apple and mango juice drink)   | 12.4g                            | 2  |
| Tesco Fruit Splash (orange juice drink, no added sugar)   | 2.2g                             | 0   |
| Dunnes Stores (apple and blackcurrant juice drink, no added sugar)                                      | 2g                               | 0   |
| Tayto Park (orange fruit juice drink, no added sugar)   | 1.84g                            | 0   |
| Fruice Juicy (tropical juice drink, with added vitamins)  | 1.8g                             | 0   |
| Robinsons Fruit Shoot (low sugar)   | 1.6g                             | 0   |
| Vimto (no added sugar)  | 1g                               | 0   |

|  Drink / description | Grams of sugar per 200ml serving | Equivalent in cubes of sugar |
|---|----------------------------------|------------------------------|
| NO ADDED SUGAR SQUASHES OR CORDIALS   |                                  |                              |
| Sainsbury's (high juice orange)   | 2.16g                            | 0                            |
| Tesco (high juice orange)   | 2g                               | 0                            |
| Aldi (high juice orange)  | 2.16g                            | 0                            |
| Ribena (blackcurrant)   | 1g                               | 0                            |
| Kia Ora Orange  | 0.64g                            | 0                            |
| Aldi (apple & blackcurrant squash)  | 0.56g                            | 0                            |
| Dunnes Stores (orange squash)   | 0.5g                             | 0                            |
| Miwadi Orange   | 0.32g                            | 0                            |
| Robinsons (orange and pineapple)  | 0.32g                            | 0                            |
| Fruice Orange (double strength)   | 0.24g                            | 0                            |
| Sainsbury's (squash double concentrate, orange basics)  | 0.08g                            | 0                            |

|  Drink / description | Grams of sugar per 200ml serving | Equivalent in cubes of sugar  |
|---|----------------------------------|---|
| FRUIT JUICE DRINKS (sweetened)  |                                  |   |
| Sainsbury's (cranberry juice drink)   | 23.8g                            | 5  |
| Del Monte (44% fruit juice drink) tropical flavour  | 23.6g                            | 5  |
| Ocean Spray cranberry classic (25% fruit juice from concentrate)  | 22g                              | 4  |

|  Drink / description | Grams of sugar per 200ml serving | Equivalent in cubes of sugar  |
|---|----------------------------------|---|
| UNSWEETENED FRUIT JUICES (no added sugar, from concentrate or not)                                      |                                  |   |
| Jaffa Gold Orange Juice   | 22.4g                            | 4    |
| Copella (not from concentrate) orange smooth  | 20g                              | 4  |
| Tropicana (not from concentrate) orange original  | 20g                              | 4  |
| Squeez (from concentrate) orange  | 18.2g                            | 4  |
| Sainsbury's (100% Pure Squeezed Smooth Orange Juice)  | 18.2g                            | 4  |
| Innocent (not from concentrate) orange with bits  | 16.4g                            | 3  |

|  Drink / description | Grams of sugar per 200ml serving | Equivalent in cubes of sugar  |
|---|----------------------------------|---|
| SMOOTHIES   |                                  |   |
| Juice Press (raspberry and blueberry smoothie)  | 30.4g                            | 6  |
| Naked (mango juice smoothie)  | 23.8g                            | 5  |
| Innocent (mango and passion fruit)  | 21.8g                            | 4  |
| Tesco (strawberry and banana smoothie)  | 19.2g                            | 4  |

FOR INFORMATION ON HOW TO TAKE ON CHILDHOOD OBESITY GO TO **SAFEFOOD.EU**

\*Low fat for children over 2. \*\*Dilute extra for under 3s. \*\*\*5gms is approximately 1 sugar cube.

Assessment of the drinks was carried out between Oct-Nov 2013 by **safe food** based on drinks commonly available for purchase in retail outlets on the island of Ireland and does not represent a complete list.