# YOUR GUIDE ON DRINKS FOR KIDS

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- ✓ 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***

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

| 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 |
| **FIZZY DRINKS (diet)** | | |
| Fanta Zero | 1.6g | 0 |
| Diet Coke | 0g | 0 |
| 7UP Free | 0g | 0 |
| Pepsi Max | 0g | 0 |
| **HIGH JUICE SQUASHES AND 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**<br>(orange) | 16.5g | 3 ■■■ |
| **Tesco High Juice**<br>(orange squash) | 15.8g | 3 ■■■ |

## REGULAR SQUASHES OR CORDIALS

| | | |
|---|---|---|
| **Ribena**<br>(strawberry or blackcurrant) | 21g | 4 ■■■■ |
| **Vimto Original Squash** | 9.5g | 2 ■■ |
| **Miwadi Orange** | 4.5g | 1 ■ |
| **Robinsons**<br>(orange & pineapple) | 3.7g | 1 ■ |
| **Dunnes Stores**<br>(orange squash) | 1.6g | 0 |
| **Asda Orange**<br>(double strength squash) | 1.2g | 0 |
| **Tesco**<br>(double strength orange, every day value) | 0.16g | 0 |

## NO ADDED SUGAR SQUASHES OR CORDIALS

| | | |
|---|---|---|
| **Sainsbury's**<br>(high juice orange) | 2.16g | 0 |
| **Tesco**<br>(high juice orange) | 2g | 0 |
| **Aldi**<br>(high juice orange) | 2.16g | 0 |
| **Ribena**<br>(blackcurrant) | 1g | 0 |
| **Kia Ora Orange** | 0.64g | 0 |
| **Aldi**<br>(apple & blackcurrant squash) | 0.56g | 0 |
| **Dunnes Stores**<br>(orange squash) | 0.5g | 0 |
| **Miwadi Orange** | 0.32g | 0 |
| **Robinsons**<br>(orange and pineapple) | 0.32g | 0 |
| **Fruice Orange**<br>(double strength) | 0.24g | 0 |
| **Sainsbury's**<br>(squash double concentrate, orange basics) | 0.08g | 0 |

## READY TO DRINK FRUIT JUICE DRINKS

| | | | |
|---|---|---|---|
| **AMIGO**<br>(orange juice drink) | 23.2g | 5 | ■■■■■ |
| **Ribena**<br>(blackcurrant) | 21g | 4 | ■■■■ |
| **Capri Sun**<br>(apple and blackcurrant juice drink) | 20g | 4 | ■■■■ |
| **Sunny D**<br>(citrus juice drink) | 17g | 3 | ■■■ |
| **J20**<br>(apple and mango juice drink) | 12.4g | 2 | ■■ |
| **Tesco Fruit Splash**<br>(orange juice drink, no added sugar) | 2.2g | 0 | |
| **Dunnes Stores**<br>(apple and blackcurrant juice drink, no added sugar) | 2g | 0 | |
| **Tayto Park**<br>(orange fruit juice drink, no added sugar) | 1.84g | 0 | |
| **Fruice Juicy**<br>(tropical juice drink, with added vitamins) | 1.8g | 0 | |
| **Robinsons Fruit Shoot**<br>(low sugar) | 1.6g | 0 | |
| **Vimto**<br>(no added sugar) | 1g | 0 | |

## FRUIT JUICE DRINKS
(sweetened)

| | | | |
|---|---|---|---|
| **Sainsbury's**<br>(cranberry juice drink) | 23.8g | 5 | ■■■■■ |
| **Del Monte**<br>(44% fruit juice drink) tropical flavour | 23.6g | 5 | ■■■■■ |
| **Ocean Spray cranberry classic**<br>(25% fruit juice from concentrate) | 22g | 4 | ■■■■ |

## UNSWEETENED FRUIT JUICES
(no added sugar, from concentrate or not)

| | | | |
|---|---|---|---|
| **Jaffa Gold Orange Juice** | 22.4g | 4 | ■■■■ |
| **Copella**<br>(not from concentrate) orange smooth | 20g | 4 | ■■■■ |
| **Tropicana**<br>(not from concentrate) orange original | 20g | 4 | ■■■■ |
| **Sqeez**<br>(from concentrate) orange | 18.2g | 4 | ■■■■ |

| | | | |
|---|---|---|---|
| **Sainsbury's**<br>(100% Pure Squeezed Smooth Orange Juice) | 18.2g | 4 | ■ ■ ■ ■ |
| **Innocent**<br>(not from concentrate) orange with bits | 16.4g | 3 | ■ ■ ■ |

## SMOOTHIES

| | | | |
|---|---|---|---|
| **Juice Press**<br>(raspberry and blueberry smoothie) | 30.4g | 6 | ■ ■ ■ ■ ■ ■ |
| **Naked**<br>(mango juice smoothie) | 23.8g | 5 | ■ ■ ■ ■ ■ |
| **Innocent**<br>(mango and passion fruit) | 21.8g | 4 | ■ ■ ■ ■ |
| **Tesco**<br>(strawberry and banana smoothie) | 19.2g | 4 | ■ ■ ■ ■ |

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