



Think before you drink

What is the sugar content in your favourite drinks?

| Drink | Sugar content |
|-----------------|---------------|
| Water | 0g |
| Fruit shoot | 2.2g |
| Red bull | 27.5g |
| Ribena | 30g |
| Iron Bru | 34.7g |
| Coca cola | 35g |
| Lucozade | 43.6g |
| Frijj milkshake | 46g |

Added sugars shouldn't make up more than 10% of the energy (calorie intake) you get from food and drink each day.

This is about 70g for men and 50g for women, but it varies depending on:

- your size
- your age
- how active you are

Having just one of the above drinks would amount to almost your entire daily intake of added sugars.