



## 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.**



FIZZY Fizzy drinks (Regular)		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Club Orange	26g	7
Pepsi	22.4g	6
Coca Cola	21.2g	5
Irn Bru	20.6g	5
Fanta Orange	15.6g	4
7UP	14.6g	4
Lucozade	9g	2
Sprite	6.6g	2

DIET Fizzy drinks (Diet)		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Fanta Zero	1g	0
Diet Coke	0g	0
7UP Free	0g	0
Pepsi Max	0g	0
Coca Cola Zero	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
Juice Press (Raspberry and blueberry smoothie)	25.6g	6
Tesco (Strawberry and banana smoothie)	24g	6
Naked (Mighty mango juice smoothie)	22g	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
Lidl Lindhouse High Juice (Blackcurrant)	16g	4
Sainsbury's High Juice Squash (Blackcurrant)	14.4g	4
Lidl Lindhouse High Juice (Orange)	12.8g	3
Sainsbury's High Juice Squash (Orange)	12g	3
Tesco High Juice (Orange squash)	9.6g	2
Asda High Juice (Blackcurrant)	9g	2
Asda High Juice (Orange)	9g	2

REGULAR Regular squashes or cordials		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Vimto Original Squash	9.4g	2
Ribena (Strawberry or blackcurrant)	9.2g	2
Miwadi Orange	4.6g	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)	20g	5
Capri Sun (Apple and blackcurrant juice drink)	20g	5
J20 (Apple and mango juice drink)	9.4g	2
Aldi Rio D'oro Sun Shots (Apple juice drink)	6.8g	2
Sunny D (Citrus juice drink)	3g	1
Tesco Fruit Splash (Orange juice drink, no added sugar)	2.2g	less than
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
Sainsbury's (Cranberry juice drink)	14.2g	4
Ocean Spray Cranberry Classic (25% Fruit juice from concentrate)	9.4g	2

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	less than
Sainsbury's (High juice orange)	2g	less than
Tesco (High juice orange)	2g	less than
Ribena (Blackcurrant)	1g	0
Tesco (Double strength apple and blackcurrant squash)	0.6g	0
Dunnes Stores (Orange squash)	0.5g	0
Aldi (Apple & blackcurrant squash)	0.4g	0
Kia Ora Orange	0.4g	0
Fruice Orange (Double strength)	0.24g	0
Robinsons (Orange and pineapple)	0.2g	0
Sainsbury's (Squash double concentrate, orange basics)	0.08g	0
Miwadi Orange	0g	0

UNSWEETENED Unsweetened fruit juices (No added sugar, from concentrate or not)		
Drink/description	Sugar per 200ml serving	Equivalent in teaspoons of sugar
Tesco Apple juice	22.2g	6
Copella (Not from concentrate) Orange smooth	20g	5
Sqeez (From concentrate) Orange	18.2g	5
Tropicana (Not from concentrate) Orange original	17.8g	4
Innocent (Not from concentrate) Orange with bits	15.6g	4
Sainsbury's (100% Pure squeezed smooth orange juice)	15.2g	4
Jaffa Gold Orange Juice	8.8g	2