



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
Fanta Orange	15.6g	4
7UP	14.6g	4
Pepsi	22.4g	6
Coca Cola	21.2g	5
Lucozade	9g	2
Sprite	6.6g	2
Irn Bru	20.6g	5

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
Naked (Mighty Mango Juice Smoothie)	22g	6
Juice Press (Raspberry and Blueberry Smoothie)	25.6g	6
Tesco (Strawberry and Banana Smoothie)	24g	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 Squash (Blackcurrant)	14.4g	4
Lidl Lindhouse High Juice (Blackcurrant)	16g	4
Asda High Juice (Blackcurrant)	9g	2
Lidl Lindhouse High Juice (Orange)	12.8g	3
Tesco High Juice (Orange Squash)	9.6g	2
Asda High Juice (Orange)	9g	2
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)	9.2g	2
Vimto Original Squash	9.4g	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
Sunny D (Citrus Juice Drink)	3g	1
J20 (Apple and Mango Juice Drink)	9.4g	2
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)	9.4g	2
Sainsbury's (Cranberry Juice Drink)	14.2g	4

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)	0.2g	0
Ribena (Blackcurrant)	1g	0
Dunnes Stores (Orange Squash)	0.5g	0
Aldi (Apple & Blackcurrant Squash)	0.4g	0
Miwadi Orange	0g	0
Fruice Orange (Double Strength)	0.24g	0
Kia Ora Orange	0.4g	0
Sainsbury's (Squash Double Concentrate, Orange Basics)	0.08g	0
Tesco (Double Strength Apple And Blackcurrant Squash)	0.6g	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	8.8g	2
Copella (Not From Concentrate) Orange Smoothie	20g	5
Tropicana (Not From Concentrate) Orange Original	17.8g	4
Sqeez (From Concentrate) Orange	18.2g	5
Innocent (Not From Concentrate) Orange With Bits	15.6g	4
Sainsbury's (100% Pure Squeezed Smooth Orange Juice)	15.2g	4
Tesco Apple Juice	22.2g	6