

how much **SUGAR** is in that?

Rose Carr investigates the amount of sugar found in shop-bought drinks.



4
TEASPOONS SUGAR

Pumped Mandarin Flavoured Spring Water
17g per 750ml bottle
= 4 teaspoons sugar



4 1/2
TEASPOONS SUGAR

Raro Sunshine Coast Orange
19g per 250ml glass
= 4 1/2 teaspoons sugar



6 1/4
TEASPOONS SUGAR

V Guarana Energy Drink
26.5g per 250ml can
= 6 1/4 teaspoons sugar



7
TEASPOONS SUGAR

***Tatua Farms UHT-flavoured Milk – Mocha**
29.5g per 250ml pack
= 7 teaspoons sugar



6 3/4
TEASPOONS SUGAR

In perspective
50g bar
Cadbury Dairy Milk chocolate
28.1g sugar
= 6 3/4 teaspoons sugar



7
TEASPOONS SUGAR

Schweppes Indian Tonic Water
29g per 330ml bottle
= 7 teaspoons sugar



7 1/4
TEASPOONS SUGAR

Dilmah Ice Tea Lemon Flavour
30.8g per 500ml bottle
= 7 1/4 teaspoons sugar



9
TEASPOONS SUGAR

Coca-Cola
38g per 355ml can
= 9 teaspoons sugar



9 1/2
TEASPOONS SUGAR

Bundaberg Ginger Beer
40.5g per 375ml bottle
= 9 1/2 teaspoons sugar



11
TEASPOONS SUGAR

Mizone Isopower
46g per 750ml bottle
= 11 teaspoons sugar



11
TEASPOONS SUGAR

***Charlie's Honest Juice Orange**
47g per 500ml bottle
= 11 teaspoons sugar

*NOTE: Some or all of the sugar in milk and juice drinks comes from natural sugars.

1 teaspoon sugar = around 4g
To do a quick approximation of how many teaspoons of sugar is in your food or drink, divide the amount of sugars in grams by four.