

# How much sugar is in drinks?

Many soft drinks provide up to **10 teaspoons of sugar** per can!

These drinks not only contribute to tooth decay but add a lot of calories to a child's diet if they are choosing drinks like cola, fizzy drinks or sports and energy drinks regularly. Sweetened and diet soft drinks provide no nutrients needed for growth and development.

**These types of drinks should be treat foods that are not consumed everyday but are saved for special occasions.**

## Sugar content of selected drinks:

Drink	Teaspoons of sugar per 100mls	Teaspoons of sugar per average serving size
ribena	3.5	9 (250ml)
fanta	3.3	20 (600ml)
lift plus	2.9	7 (250ml)
V	2.8	7 (250ml)
fresh up	2.6	11 (400ml)
coke	2.6	16 (600 ml)
just juice	2.6	7 (250ml)
G force	2.5	10 (400ml)
E2	2.4	10 (400m)
calci yum	2.3	6 (250ml)
powerade	1.5	9 (600ml)
flavoured water	0.5	4 (750ml)

(1 level teaspoon of sugar = 4g)

## What should children drink?

- **Water is best!**

Children need plenty of water to drink everyday.

Try these winning ways with water:

Chill and flavour with lemon, mint or sliced fruit.

Try making tempting ice cubes with orange/apple juice, lemon juice and mint or pieces of chopped fruit like strawberry or lemon then add to chilled water.

A fun straw or novel glass can be a great way to encourage your child to drink water.

In summer freeze your child's water bottle overnight to take to school the next day.

- **Low fat milk** (light blue and green top)

Low fat milk can start to be introduced after 2 years of age. Milk is an important source of calcium needed for growing bones.

For a change try making a fruit smoothie by adding banana or berries and yoghurt for a filling after school snack.

A warm milk milo is a good winter warmer.

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**Healthy Nibbles** Nutrition & physical activity information for primary schools

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**Canterbury**

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Te Whānau o Te Aitanga-a-Māhori