

# YOUR GUIDE TO DRINKS FOR KIDS

FIZZY DRINKS (Regular)		
Drink/description	Sugar per 200ml serving	Equivalent in cubes of sugar
Lucozade	34.4g	7
Club Orange	26g	5
Fanta Orange	24.8g	5
7UP	22.4g	4
Coca Cola	21.2g	4
Pepsi	21.2g	4
Sprite	13.2g	3

FIZZY DRINKS (Diet)		
Drink/description	Sugar per 200ml serving	Equivalent in cubes of sugar
Fanta Zero	1.6g	0
Diet Coke	0g	0
7UP Free	0g	0
Pepsi Max	0g	0

SMOOTHIES		
Drink/description	Sugar per 200ml serving	Equivalent in cubes of sugar
Juice Press (Raspberry and Blueberry Smoothie)	30.4g	6
Naked (Mango Juice Smoothie)	23.8g	5
Innocent (Mango and Passion Fruit)	21.8g	4
Tesco (Strawberry and Banana Smoothie)	19.2g	4

HIGH FRUIT SQUASHES OR CORDIALS		
Drink/description	Sugar per 200ml serving	Equivalent in cubes of sugar
Royal Orchard High Juice (Lidl) (Blackcurrant)	27.4g	5
Asda High Juice (Blackcurrant)	20g	4
Sainsbury's High Juice Squash (Blackcurrant)	17.6g	4
Royal Orchard High Juice (Lidl) (Orange)	17.2g	3
Asda High Juice (Florida Orange)	17g	3
Sainsbury's High Juice Squash (Orange)	16.5g	3
Tesco High Juice (Orange Squash)	15.8g	3

REGULAR SQUASHES OR CORDIALS		
Drink/description	Sugar per 200ml serving	Equivalent in cubes of sugar
Ribena (Strawberry or Blackcurrant)	21g	4
Vimto Original Squash	9.5g	2
Miwadi Orange	4.5g	1
Robinsons (Orange & Pineapple)	3.7g	1
Dunnes Stores (Orange Squash)	1.6g	0
Asda Orange (Double Strength Squash)	1.2g	0
Tesco (Double Strength Orange, Every Day Value)	0.16g	0

READY TO DRINK FRUIT JUICE DRINKS		
Drink/description	Sugar per 200ml serving	Equivalent in cubes of sugar
AMIGO (Orange Juice Drink)	23.2g	5
Ribena (Blackcurrant)	21g	4
Capri Sun (Apple and Blackcurrant Juice Drink)	20g	4
Sunny D (Citrus Juice Drink)	17g	3
J20 (Apple and Mango Juice Drink)	12.4g	2
Tesco Fruit Splash (Orange Juice Drink, No Added Sugar)	2.2g	0
Dunnes Stores (Apple and Blackcurrant Juice drink, no added sugar)	2g	0
Tayto Park (Orange Fruit Juice Drink, No Added Sugar)	1.84g	0
Fruice Juicy (Tropical Juice Drink, With Added Vitamins)	1.8g	0
Robinsons Fruit Shoot (Low Sugar)	1.6g	0
Vimto (No Added Sugar)	1g	0

FRUIT JUICE DRINKS (sweetened)		
Drink/description	Sugar per 200ml serving	Equivalent in cubes of sugar
Sainsbury's (Cranberry Juice Drink)	23.8g	5
Del Monte (44% Fruit Juice Drink) Tropical Flavour	23.6g	5
Ocean Spray cranberry classic (25% fruit juice from concentrate)	22g	4

NO ADDED SUGAR SQUASHES OR CORDIALS		
Drink/description	Sugar per 200ml serving	Equivalent in cubes of sugar
Sainsbury's (High Juice Orange)	2.16g	0
Tesco (High Juice Orange)	2	0
Aldi (High Juice Orange)	2.16g	0
Ribena (Blackcurrant)	1g	0
Kia Ora Orange	0.64g	0
Aldi (Apple & Blackcurrant Squash)	0.56g	0
Dunnes Stores (Orange Squash)	0.5g	0
Miwadi Orange	0.32g	0
Robinsons (Orange and Pineapple)	0.32g	0
Fruice Orange (Double Strength)	0.24g	0
Sainsbury's (Squash Double Concentrate, Orange Basics)	0.08g	0

UNSWEETENED FRUIT JUICES (no added sugar, from concentrate or not)		
Drink/description	Sugar per 200ml serving	Equivalent in cubes of sugar
Jaffa Gold Orange Juice	22.4g	4
Copella (Not From Concentrate) Orange Smooth	20g	4
Tropicana (Not From Concentrate) Orange Original	20g	4
Squeez (from Concentrate) Orange	18.2g	4
Sainsbury's (100% Pure Squeezed Smooth Orange Juice)	18.2g	4
Innocent (Not From Concentrate) Orange With Bits	16.4g	3

## TOP TIPS FOR HEALTHY DRINKS

### Did you know?

Sugary drinks, which include fizzy drinks, squashes, cordials and juice drinks are linked with excess weight in children.

### Tips

- ★ Water and milk\* are the best drinks for children at any time
- ★ It's ok to have a small glass of **100% fruit juice** or a **smoothie once a day**—in fact it counts as one of their 5 a day
- ★ Read the labels on your child's drinks to **check the sugar level**\*\*
- ★ If your family loves soft drinks or other sweetened drinks, **reduce them gradually**
- ★ Start by adding plenty of water to cordials and squashes. **Add extra water** each time to squashes and cordials to reduce your child's taste for sweetness
- ★ Squashes, cordials, juice drinks and fizzy drinks should only be **consumed occasionally and at meal times**—for toddlers add extra water\*\*\*
- ★ Make **water freely available** between meals
- ★ Water is **tastier when it's cold**:
  - ★ Put a jug of water in the fridge
  - ★ Add a slice of lime, lemon or orange to give it flavour and colour



**FOR MORE HANDY TIPS AND GREAT IDEAS FOR YOU AND YOUR FAMILY, VISIT [WWW.SAFOOD.EU](http://WWW.SAFOOD.EU)**

\*Low fat for children over 2. \*\*5g is approximately 1 sugar cube. \*\*\*Dilute extra for under 3s. Assessment of the drinks was carried out between Oct–Nov 2013 by safefood based on drinks commonly available for purchase in retail outlets on the island of Ireland and does not represent a complete list.