

Sugar in Drinks!

Drink	Sugar in teaspoons
Water	0
Diet Coke (500ml)	0
Fruit Shoot no added sugar (200ml)	$\frac{1}{4}$
Ribena light (500ml) Fanta – Sugar free (500ml) Capri Sun -No added sugar (330ml)	$\frac{1}{2}$
Lucozade sport (500ml)	4 $\frac{1}{2}$
Protein Shake (475ml) Lucozade Energy (500ml)	5 $\frac{1}{2}$
Ribena (500ml) Fanta (500ml) Dr Pepper (500ml)	6
Red Bull (250ml)	6 $\frac{3}{4}$
Capri sun (330ml)	8 $\frac{1}{4}$
Innocent Smoothie (360ml) Volvic Lemon and Lime (750ml)	9
Frijj (471ml)	12 $\frac{1}{2}$
Coke (500ml)	13 $\frac{1}{2}$
Monster (500ml)	13 $\frac{3}{4}$
Mountain Dew (500ml)	16