

SUGARY DRINKS

Daily Sugar Recommendations

4-6 years old
19g of free sugars max
5 sugar cubes

7-10 years old
24g of free sugars max
6 sugar cubes

11+ years old
30g of free sugars max
7 sugar cubes

Mcdonalds Milkshake Strawberry

Amount of sugar per serving:
57g/medium
74g/large

Sugar Cubes/4g:
14.25/medium
18.5/large



Tango Ice Blast

Amount of sugar per serving:
47g/600ml

Sugar Cubes/4g:
12



Frijj Strawberry Milkshake

Amount of sugar per serving:
38.8g/400ml

Sugar Cubes/4g:
10



TOP TIP!

Making our own milk shakes at home can be a healthier alternative, with a lot less added sugar!

Or try having a smaller size to cut down on the sugar content.

Coca Cola

Amount of sugar per serving:
35g/ 330ml

Sugar Cubes/4g:
8.75



Kubus Carrot Drink

Amount of sugar per serving:
31.2g/300ml

Sugar Cubes/4g:
7.8



Redbull

Amount of sugar per serving:
27.5g/250ml

Sugar Cubes/4g:
6.8



Fanta Orange

Amount of sugar per serving:
23/500ml

Sugar Cubes/4g:
5.75



Rubicon Mango

Amount of sugar per serving:
14g/288ml

Sugar Cubes/4g:
3.5



Volvic Strawberry

Not all flavoured waters have as low sugar content as this one, look out for the sugar free versions!

Amount of sugar per serving:
250ml/11.5g

Sugar Cubes/4g:
3



Capri Sun

Amount of sugar per serving:
9.8g/200ml

Sugar Cubes/4g:
2.45



Fruit Shoot

(no added sugar)

Amount of sugar per serving:
1.4g/200ml

