









How much sugar?

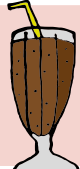





	<p>Blackcurrant Ribena (500ml) 52.6g sugar = Family bag Haribo Starmix This will give you as much sugar as a can of coke with almost 100kcal more, Instead try No Added Sugar Ribena – 1.3g sugar</p>	Teaspoons of sugar
		13 

	<p>Shop-bought smoothie 34.3g sugar = 3.5 Krispy Kreme doughnuts Instead try having a piece of fresh fruit.</p>	Teaspoons of sugar
		8 



	<p>Fast food super size coke 79.5g sugar = 9 Penguin chocolate bars Try a small diet cola but remember these are still damaging to the teeth.</p>	Teaspoons of sugar
		19.8 



	<p>Coffee shop hot chocolate - with cream and marshmallows 29g sugar = 7 yogurt Frubes A hot chocolate you will want to avoid... perhaps have a tea instead!</p>	Teaspoons of sugar
		7 

	<p>Fast Food Restaurant large chocolate milkshake 102g sugar = 5 bags of Maltesers Can you imagine putting that many spoons of sugar in your morning tea or coffee!</p>	Teaspoons of sugar
		25 

	<p>Monster energy drink 54g sugar = 5 tablespoons of Nutella chocolate spread These energy drinks are also high in caffeine and other chemicals. Not suitable for children.</p>	Teaspoons of sugar
		13 

	<p>Sports drink - Lucozade Sports 500ml bottle 33g sugar = 5 Jaffa Cakes Not needed by children even if taking part in sports – choose water to re-hydrate yourself.</p>	Teaspoons of sugar
		8 

	<p>Carrot and orange juice (400ml) 40g sugar = 10 Oreo biscuits Fruit juice seems healthy but is packed with sugar. Try to limit to 150ml per day</p>	Teaspoons of sugar
		10 

	<p>Capri-Sun 33g sugar = 1 Mars Bar Try a sugar free iced fruit cordial diluted with lots of water. Just as refreshing but a lot less sugar!</p>	Teaspoons of sugar
		8 



KICK. DANCE. JUMP. MOVE.