

How Much Sugar Is In Your Drink? – Teacher Resource

Sugar Content of Drinks from Highest to Lowest

(Each sugar cube represents 4g of sugar)

Drink	Number of sugar cubes
McDonald's Strawberry Milkshake 500ml	14
Monster Energy 500ml	13.5
Frijj Chocolate Milkshake 500ml	13
Costa Fruit Cooler Red Berry 500ml	13
Lucozade Energy Original 380ml	12
Fanta 330ml	10.5
Coca Cola 330ml	9
Lucozade Energy Orange 380ml	8
Red Bull 250ml	7
Volvic Water Touch of Fruit (Lemon & Lime) 500ml	7
Drench Juicy Spring Water Orange & Passion Fruit 440ml	7
Tropicana Orange Smooth 300ml	7
Sprite 330ml	6
Ribena Blackcurrant 200ml	5
J20 Orange and Passion Fruit 275ml	5
Oasis Summer Fruits 500ml	5
Capri Sun 200ml	5
Fruit Shoot Blackcurrant 200ml	½
Diet Coke 330ml	0
Evian Water 500ml	0