

Sugar - Good or Bad?

Have a look at all the different drinks below - do you think you know which ones are healthier than the others?

Rank them in order of 1 (most healthiest) to 12 (least healthiest)

						
330ml Fanta	500ml Oasis Summer Fruit	200ml Capri Sun Carton	500ml Bottle of Water	500ml McDonalds Happy Meal Milkshake	300ml Tropicana Orange Juice	200ml Ribena Blackcurrant Carton
Rank -	Rank -	Rank -	Rank -	Rank -	Rank -	Rank -

				
200ml Blackcurrant & Apple Fruit Shoot	440ml Drench Juicy Spring Water	500ml Friij Chocolate Milkshake	380ml Volvic Touch of Fruit Water	250ml Red Bull
Rank -	Rank -	Rank -	Rank -	Rank -

Sugar - Good or Bad?

Here are the rankings, we have also shown how many teaspoons of sugar are in each drink -
you should have no more than 6 per day in everything you eat and drink!

						
330ml Fanta	500ml Oasis Summer Fruit	200ml Capri Sun Carton	500ml Bottle of Water	500ml McDonalds Happy Meal Milkshake	300ml Tropicana Orange Juice	200ml Ribena Blackcurrant Carton
5	3	3	1	7	4	3
10½ Teaspoons	5 Teaspoons	5 Teaspoons	0 Teaspoons	14 Teaspoons	7 Teaspoons	5 Teaspoons
						
						
200ml Blackcurrant & Apple Fruit Shoot	440ml Drench Juicy Spring Water	500ml Frijj Chocolate Milkshake	380ml Volvic Touch of Fruit Water	250ml Red Bull		
2	4	6	4	4		
½ Teaspoon	7 Teaspoons	13 Teaspoons	7 Teaspoons	7 Teaspoons		
						