













Sugar - Good or Bad?

We all need a little bit of sugar in our diet, often we can get these from natural sugars in fruit and some vegetables, but how much is too much?








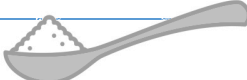

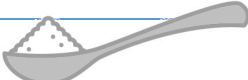
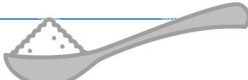
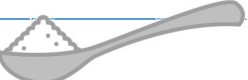
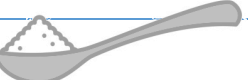
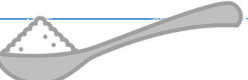
Have a look at all the different drinks below - do you think you know which ones are healthier than the others?

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 Frijj Chocolate Milkshake	380ml Volvic Touch of Fruit Water	250ml Red Bull		
Rank -	Rank -	Rank -	Rank -	Rank -		

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Here are the rankings - we have also shown how many teaspoons of sugar are in each drink -
you should have no more than 6 teaspoons per day, from 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
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
½ Teaspoon	7 Teaspoons	13 Teaspoons	7 Teaspoons	7 Teaspoons
				