

Create your own sugary drink resources

- Adults should have no more than 30g (roughly 7 sugar cubes) of free sugars a day
- Children aged 7-10 should have no more than 24g of free sugars (6 sugar cubes) a day
- Children aged 4-6 should have no more than 19g (5 sugar cubes) of free sugars a day

Free sugars are:

- Any sugars added to food or drinks. Including sugars in biscuits, chocolate, flavoured yoghurts, breakfast cereals and fizzy drinks. These sugars may be added at home, by a chef or food manufacturer.
- Sugars in honey, syrups (such as maple, agave and golden), nectars (such as blossom), and unsweetened fruit juices, vegetable juices and smoothies. The sugars in these foods occur naturally but still count as free sugars

Sugars – per 100g (food)

HIGH Over 22.5g	MEDIUM Between 5.1g and 22.5g	LOW 5g and below
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Sugars – per 100ml (drinks)

HIGH Over 11.25ml	MEDIUM Between 2.5ml and 11.25ml	LOW 2.5ml and below
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Sugars occur naturally in foods such as fruit, vegetables and milk. We do not need to cut down on these types of sugars.

How to create your own sugar resources

1. Find a empty drinks bottle/s
2. Remove the old labels and give the bottle/s a good clean
3. Cut out the labels in this document and stick it to the bottle (glue, sticky tape etc)
4. Measure out the amount of sugar provided on the food label in grams and pour into the bottle
5. Make sure you reseal the bottle cap tight if adding sugar
6. Use the above label to help identify if other food and drinks are high, medium or low in sugar

- 1.6 grams of sugar in the whole bottle (200ml)
- 6.4 grams per 4 bottle pack
- 0.8 grams per 100ml
- That's 1/2 Sugar Cube

**Contains Sweeteners:
(Acesulfame K, Sucralose)**

These are calorie-free sweeteners Acesulfame K is 200 times sweeter than sugar. Sucralose is 650 times sweeter than sugar

Fruit

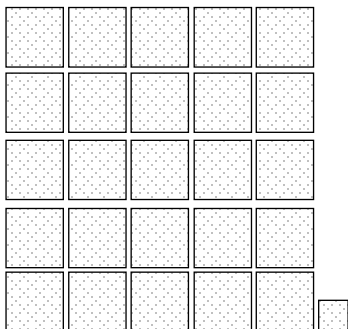
Drink

**8
Cals**

Per
200ml
bottle

Careful: Opening bottle caps with your teeth can cause teeth to chip or fracture

- 105 grams of sugar in the whole bottle (1L)
- 15.8 grams per 150ml serving
- 10.5 grams per 100ml
- That's 26 1/4 Sugar Cubes



Orange Juice



**470
Cals**

Per 1L
carton

- 22.6grams of sugar in the whole bottle (500ml)
- 11.6 grams per 250ml serving
- 10.6 grams per 100ml
- That's 5.6 Sugar Cubes



60mg of Caffeine per 500ml Bottle. It is recommended that children and adolescents consume no more than 2.5mg of caffeine per 1 kg of body weight per day (1kg = 2.3lb)

Energyade

ORANGE

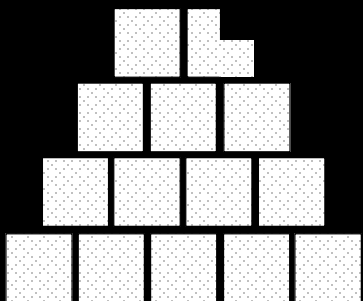
Contains Sunset yellow colouring

Not recommended for consumption by children. May cause intolerance and-like behaviour in children

**175
Cals**

Per
500ml
bottle

- 55 grams of sugar in the whole bottle (500ml)
- 27.5 grams per 250ml serving
- 11 grams per 100ml
- That's 13 3/4 Sugar Cubes



B BEAST

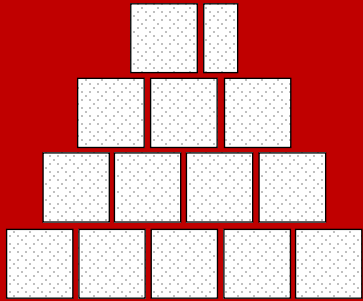
180mg of Caffeine per 500ml Bottle

It is recommended that children and adolescents consume no more than 2.5mg of caffeine per 1 kg of body weight per day (1kg = 2.3lb)

**235
Cals**

Per
500ml
bottle

- 54grams of sugar in the whole bottle (500ml)
- 27grams per 250ml serving
- 10.6 grams per 100ml
- That's 13 1/2 Sugar Cubes



COLA

**210
Cals**

Per
500ml
bottle

48mg of
Caffeine per
500ml bottle

It is recommended that children and adolescents consume no more than 2.5mg of caffeine per 1 kg of body weight per day (1kg = 2.3lb)

- 0 grams of sugar in the whole bottle (500ml)
- 0 grams per 250ml serving
- 0 grams per 100ml
- That's 0 Sugar Cubes

**Contains Sweeteners:
(Aspartame, Acesulfame K)**
These are calorie-free sweeteners but are up to 200 times sweeter than sugar

COLA

**2
Cals**

Per
500ml
bottle

Diet

54mg of
Caffeine per
500ml bottle

It is recommended that children and adolescents consume no more than 2.5mg of caffeine per 1 kg of body weight per day (1kg = 2.3lb)

