

THE SUGARY TEN

Do you know just how many teaspoons of sugar your favourite everyday drinks contain?
Find out which drinks you should be cutting back on, as we rank popular drinks on a scale of mildly sweet to downright sinful.

DID YOU KNOW?

Added sugar should contribute to no more than 10% of our daily energy intake? That roughly equates to 9 – 11 teaspoons of sugar a day.
✓ 1 teaspoon of sugar = 5 grams of sugar = 20 kcal

1		BARLEY	SUGAR CONTENT ✓✓✓	CALORIES 58 kcal	STEPS NEEDED TO BURN OFF 1289
2		CHIN CHOW	SUGAR CONTENT ✓✓✓	CALORIES 60 kcal	STEPS NEEDED TO BURN OFF 1333
3		CHOCOLATE MALT DRINK	SUGAR CONTENT ✓✓✓	CALORIES 120 kcal	STEPS NEEDED TO BURN OFF 2666
4		LUO HAN GUO	SUGAR CONTENT ✓✓✓✓✓	CALORIES 109 kcal	STEPS NEEDED TO BURN OFF 2422
5		WATER CHESTNUT	SUGAR CONTENT ✓✓✓✓✓	CALORIES 95 kcal	STEPS NEEDED TO BURN OFF 2111
6		BOTTLED FRESH ORANGE JUICE	SUGAR CONTENT ✓✓✓✓✓	CALORIES 100 kcal	STEPS NEEDED TO BURN OFF 2222
7		SOY BEAN MILK	SUGAR CONTENT ✓✓✓✓✓	CALORIES 158 kcal	STEPS NEEDED TO BURN OFF 3511
8		SUGARCANE JUICE	SUGAR CONTENT ✓✓✓✓✓✓✓	CALORIES 158 kcal	STEPS NEEDED TO BURN OFF 3511
9		ISOTONIC DRINK	SUGAR CONTENT ✓✓✓✓✓✓✓	CALORIES 130 kcal	STEPS NEEDED TO BURN OFF 2888
10		BANDUNG	SUGAR CONTENT ✓✓✓✓✓✓✓	CALORIES 140 kcal	STEPS NEEDED TO BURN OFF 3111