

How Much Sugar Is in Drinks?

For a child between the ages of seven and ten, the daily recommended allowance of sugar is 24g. This is approximately 6 teaspoons.



Cola

A 250ml glass contains approximately 26.5g of sugar.
This is about 6.5 teaspoons.



Squash

A 250ml glass contains approximately 4.6g of sugar.
This is just over 1 teaspoon.



Lemonade

A 250ml glass contains approximately 10.6g of sugar.
This is about 2.6 teaspoons.



Water

A 250ml glass contains zero grams of sugar.



Milk

A 250ml glass of milk contains approximately 12g of sugar.
This is about 3 teaspoons.



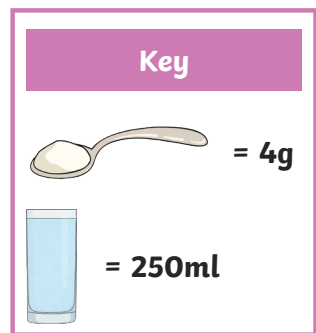
Smoothies

A 250ml glass contains approximately 27.5g of sugar.
This is nearly 7 teaspoons.



Fruit Juices

A 250ml glass contains approximately 16.6g of sugar.
This is about 4 teaspoons.



Disclaimer: We hope that you find the information on our website and in our resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that information can quickly become out of date. The information given here is intended for general guidance purposes only and may have to be adapted to meet the needs of your students.