

Drink

Teaspoons of sugar per 100mls

Teaspoons of sugar per average serving size



3.5

9 (250ml)



3.3

20 (600ml)



2.8

7 (250ml)



2.6

11 (400ml)



2.6

16 (600ml)



2.4

10 (400ml)



2.3

6 (250ml)



1.5

9 (600ml)



0.5

4 (750ml)