



Soft Drinks Survey 2014 - All Data

Data table sorted by category, alphabetically, highest sugar per 100g

Product information was collected online, instore or direct from manufacturers

Colour coding based on new front of pack traffic Light labelling criteria

Sugars - Red >13.5g/portion or >11.25g/100ml, Amber >2.5≤11.25/100ml, Green ≤2.25g/100ml

*Serving size has been standardised to 330ml, regular can size. Although many varieties are available in a 330ml can size, some bottles provide 150ml, 250ml or 500ml as a serving size and have been recalculated as 330ml.

Product Name	Flavour	Sugars (g) per 100g	Sugars (g) per 330ml* serving	Teaspoons sugar (g) equiv/330ml* serving
Fentimans Traditional Curiosity Cola 750ml	Cola	11.3	37	9
Best-in American Cola	Cola	10.9	36	9
Lidl Freeway Cola	Cola	10.9	36	9
Tesco Classic Cola 2 Litre	Cola	10.9	36	9
Sainsbury's Classic Cola 2L	Cola	10.8	36	9
Marks & Spencer Cola	Cola	10.7	35	9
Essential Waitrose Cola 2 litres	Cola	10.7	35	9
Asda Chosen by You Cola 2 Litres	Cola	10.7	35	9
Coca-Cola 2 Litre	Cola	10.6	35	9
Morrisons Cola	Cola	10.6	35	9
Pepsi can	Cola	10.6	35	9
Aldi VIVE Original Cola	Cola	10.6	35	9
Barr Cola 500ml	Cola	10.4	34	9
The Co-operative Cola 2 Litre	Cola	10.4	34	9
UBUNTU cola	Cola	10.4	34	9
Dr Pepper 2 Litre	Cola	10.4	34	9
Tesco Original Cola can	Cola	10.2	34	8
Tesco Original Cola	Cola	9.7	32	8
Country Spring Cola 3 Litre	Cola	4.8	16	4
Best-in Cola 2 Litre	Cola	4	13	3
Barr's Originals Cream Soda with a Twist of Raspberry 330ml	Cream Soda	11.5	38	9
Marks & Spencer Cream Soda	Cream Soda	10.9	36	9
Waitrose Cream Soda 2 Litres	Cream Soda	10.6	35	9
Asda Chosen by You Cream Soda 2 Litres	Cream Soda	6.1	20	5
Country Spring American Cream Soda 3 Litres	Cream Soda	5.7	19	5
Fentimans Traditional Dandelion & Burdock 750ml	Dandelion & Burdock	11.8	39	10
Marks & Spencer Dandelion & Burdock	Dandelion & Burdock	9.8	32	8
Asda Chosen by You Dandelion & Burdock 2 Litres	Dandelion & Burdock	6.8	22	6
Morrisons Dandelion & Burdock	Dandelion & Burdock	4.2	14	3
Tesco Finest Grape & Elderflower Spritz	Elderflower	11.3	37	9
Shloer White Grape and Elderflower	Elderflower	10.7	35	9
Pure Pret Grape and Elderflower	Elderflower	10.6	35	9
Heartsease Farm English Elderflower Pressé Sparkling 750ml	Elderflower	10.5	35	9
Belvoir Elderflower Presse	Elderflower	10	33	8
Sainsbury's English Elderflower Presse, Sparkling, Taste the Difference	Elderflower	8.1	27	7
Marks and Spencer sparkling elderflower drink	Elderflower	8.1	27	7
The Co-operative Sparkling Elderflower Drink 330ml	Elderflower	7.7	25	6
The Co-operative Truly Irresistible Sparkling Elderflower Drink 750ml	Elderflower	7.7	25	6
Waitrose sparkling apple & elderflower spring water	Elderflower	7.6	25	6
bottlegreen Sparkling Elderflower 750ml	Elderflower	7.3	24	6
bottlegreen Sparkling Green Tea & Elderflower 275ml	Elderflower	7.3	24	6
Waitrose elderflower sparkling spring water	Elderflower	7.3	24	6
Marks & Spencer Elderflower Soft Brew	Elderflower	4.9	16	4
Jammin Sparkling Caribbean Cola Flavoured Drink 6 x 330ml	Flavoured Cola	12.1	40	10
RC Cola Cherry 2L	Flavoured Cola	11.7	39	10
Fentimans Cherrytree Cola 275ml	Flavoured Cola	11.6	38	10
Cherry Coca-Cola 2 Litre	Flavoured Cola	11.2	37	9
Vanilla Coca-Cola 1.5 Litre	Flavoured Cola	10.6	35	9
Calypto Sparkling Rapidz Fruit Cola 330ml	Flavoured Cola	5.7	19	5
Sainsbury's American Ginger Ale 1L	Ginger ale	9.2	30	8
Britvic Ginger Ale 150ml	Ginger ale	9.1	30	8
Club Ginger Ale 850ml	Ginger ale	9.1	30	8
Schweppes Canada Dry Ginger Ale 1 Litre	Ginger ale	9.1	30	8
Sainsbury's Dry Ginger Ale 1L	Ginger ale	9	30	7
Fever-Tree Premium Ginger Ale 200ml	Ginger ale	8.6	28	7
Essential Waitrose Ginger Ale 1 Litre	Ginger ale	8.5	28	7
Simply M&S American Ginger Ale	Ginger ale	8.5	28	7
Waitrose Essential Ginger Ale 6 x 250ml	Ginger ale	8.5	28	7
Tesco Ginger Ale	Ginger ale	6	20	5
Carters Royal American Ginger Ale 1 Litre	Ginger ale	5.1	17	4
Asda Chosen by You Ginger Ale 1 Litre	Ginger ale	4.8	16	4
Morrisons Dry Ginger Ale	Ginger ale	4.2	14	3
The Co-operative Ginger Ale 1 Litre	Ginger ale	4.1	14	3
Morrisons American Ginger Ale	Ginger ale	3.8	13	3
Old Jamaica Ginger Beer with Extra Fiery Jamaica Root Ginger	Ginger beer	15.7	52	13
Jammin Sparkling Ginger Beer Flavour Drink	Ginger beer	15.6	51	13
Barr's Originals Ginger Beer 330ml	Ginger beer	14.1	47	12
Waitrose Ginger Beer 2 Litres	Ginger beer	13.9	46	11
Marks & Spencer Fiery Ginger Beer	Ginger beer	13.8	46	11
Sainsbury's Fiery Ginger Beer 2 Litres	Ginger beer	13.7	45	11
Tesco Fiery Ginger Beer	Ginger beer	13.3	44	11
Old Jamaica Ginger Beer Twist Gold Spice 330ml	Ginger beer	13	43	11
Old Jamaica Ginger Beer Twist Spiced Berry 330ml	Ginger beer	13	43	11
Old Jamaica Limited Edition Ginger Beer Twist Gold Spice 1.5 Litre	Ginger beer	13	43	11
Old Jamaica Limited Edition Ginger Beer Twist Pineapple 330ml	Ginger beer	13	43	11
Tropical Sun Traditional Ginger Beer 330ml	Ginger beer	13	43	11
Gosling's Stormy Ginger Beer 330ml	Ginger beer	12.9	43	11
Pure Pret sparkling Ginger Beer	Ginger beer	11.4	38	9
John Crabbie & Co. Traditional Cloudy Ginger Beer 700ml	Ginger beer	11.1	37	9
John Crabbie's Traditional Cloudy Ginger Beer 500ml	Ginger beer	11.1	37	9
John Crabbie's Twist Of Orange Cloudy Ginger Beer 700ml	Ginger beer	11.1	37	9
Waitrose Sparkling Ginger Refresher 750ml	Ginger beer	10.5	35	9
Free-Tree Premium Ginger Beer 500ml	Ginger beer	10	33	8
Fentimans Traditional Ginger Beer 750ml	Ginger beer	9.4	31	8
Francis Hartridge's Celebrated Ginger Beer 330ml	Ginger beer	9	30	7
Britvic Ginger Beer 24 x 160ml	Ginger beer	8.5	28	7
Carters Root Beer 6 x 330ml	Ginger beer	8.4	28	7
Schweppes Ginger Beer Can 330ml	Ginger beer	8.3	27	7

Product Name	Flavour	Sugars (g) per 100g	Sugars (g) per 330ml* serving	Teaspoons sugar (g) equiv/330ml* serving
Levi Roots Fiery Ginger Beer with Lime 'n' Honey Flavours and Jamaican	Ginger beer	7.2	24	6
Asda Chosen by You Ginger Beer 2 Litres	Ginger beer	7	23	6
Marks & Spencer Ginger Soft Brew	Ginger beer	5.6	18	5
Sainsbury's Cloudy Lemonade	Lemonade	13.5	45	11
Lorina Prestige Pink Citrus Lemonade Sparkling Beverage 750ml	Lemonade	12.8	42	11
Lorina Sparkling Pink Lemonade 4 x 420ml	Lemonade	12.8	42	11
Sainsbury's Taste the Difference Lemonade 1 Litre	Lemonade	12.8	42	11
Club Lemon 2 Litres	Lemonade	12.4	41	10
Sainsbury's Taste the Difference Pink Lemonade 1L	Lemonade	12.3	41	10
Waitrose Cloudy Lemonade 2 Litres	Lemonade	12.3	41	10
San Pellegrino Sanpellegrino Pompelmo 33cl Can Single	Lemonade	12.1	40	10
Fentimans Traditional Rose Lemonade 275ml	Lemonade	11.7	39	10
Fentimans Traditional Rose Lemonade 750ml	Lemonade	11.7	39	10
John Crabbie & Co. Traditional Cloudy Lemonade with a Twist of Ginger	Lemonade	11.5	38	9
Sainsbury's Lemonade 2 Litres	Lemonade	11.5	38	9
7UP 1.25 Litres	Lemonade	11.2	37	9
Waitrose Essential Lemonade with Juice 6 x 250ml	Lemonade	11	36	9
Belvoir Raspberry Lemonade	Lemonade	10.9	36	9
Morrisons Lemonade	Lemonade	10.9	36	9
Heartsease Farm Sparkling Traditional Lemonade 330ml	Lemonade	10.8	36	9
Heartsease Farm Traditional Lemonade Sparkling 750ml	Lemonade	10.8	36	9
L&P Lemon & Paeroa Soft Drink 355ml	Lemonade	10.8	36	9
Waitrose Sparkling Lemonade with Lemon Juice 1 Litre	Lemonade	10.8	36	9
Heartsease Farm Sparkling Raspberry Lemonade 330ml	Lemonade	10.6	35	9
Sainsbury's Bitter Lemon 1L	Lemonade	10.6	35	9
Sprite 2 Litre	Lemonade	10.6	35	9
Snapple Heavenly Lemonade 500ml	Lemonade	10.5	35	9
Barr's Originals Traditional Lemonade 750ml	Lemonade	10.4	34	9
Club White Lemonade 850ml	Lemonade	10.2	34	8
Waitrose Sparkling Sicilian Lemon Refresher 750ml	Lemonade	10.2	34	8
Don Simón Don Simón Premium Lemonade 750ml	Lemonade	10	33	8
Sainsbury's Sicilian Lemonade Juice Drink 1 Litre	Lemonade	10	33	8
San Pellegrino Sanpellegrino Limonata 6 x 330ml	Lemonade	10	33	8
Simply M&S Lemonade with real lemon juice	Lemonade	10	33	8
Asda Chosen by You Extra Juicy Lemonade 2 Litres	Lemonade	9.7	32	8
Fever-Tree Sicilian Lemonade 275ml	Lemonade	9	30	7
Lorina Gently Sparkling Authentic French Lemonade Premium Lemon	Lemonade	9	30	7
Lorina Sparkling Lemon 4 x 420ml	Lemonade	9	30	7
The Feel Good Drinks Co. Gently Sparkling Cloudy Lemon 750ml	Lemonade	8.5	28	7
Fanta Icy Lemon 2 Litre	Lemonade	8.3	27	7
Britvic Bitter Lemon Mini Cans 8 x 150ml	Lemonade	8.2	27	7
Tesco Bitter Lemon	Lemonade	8.2	27	7
Britvic Bitter Lemon 150ml	Lemonade	8.1	27	7
Sainsbury's Taste the Difference Sparkling Sicilian Lemonade 750ml	Lemonade	8.1	27	7
Schweppes Bitter Lemon 1 Litre	Lemonade	8.1	27	7
bottlegreen Sparkling Lemon & Lime Leaf 750ml	Lemonade	7	23	6
Sprite 2 Litre	Lemonade	6.6	22	5
Calypso Sparkling Rapidz Lemonade 330ml	Lemonade	5.4	18	4
Country Spring Lemon & Lime 3 Litre	Lemonade	5.4	18	4
Asda Chosen by You Bitter Lemon 1 Litre	Lemonade	5.1	17	4
Barr Lemonade 500ml	Lemonade	4.9	16	4
Country Spring Red Lemonade 3 Litre	Lemonade	4.9	16	4
Country Spring White 3 Litres	Lemonade	4.9	16	4
Asda Chosen by You Cloudy Lemonade 2 Litres	Lemonade	4.6	15	4
Aldi VIVE Premium Lemonade made with real lemons	Lemonade	4.5	15	4
Schweppes Lemonade 2 Litre	Lemonade	4.2	14	3
Tesco Sparkling Lemonade Made With Lemon Juice	Lemonade	4.1	14	3
Tesco Lemonade	Lemonade	4	13	3
Morrisons Bitter Lemon	Lemonade	3.6	12	3
Morrisons Lemonade	Lemonade	3.6	12	3
The Co-operative Bitter Lemon 1 Litre	Lemonade	3.6	12	3
Asda Chosen by You Lemonade 2 Litres	Lemonade	3.5	12	3
Morrisons Lemonade	Lemonade	3.5	12	3
R Whites Premium Lemonade 1.5 Litres	Lemonade	2.4	8	2
C&C Brown Lemonade 2 Litres	Lemonade	2	7	2
C&C Lemonade 2 Litres	Lemonade	1.9	6	2
TK Red Lemonade 2 Litres	Lemonade	1.9	6	2
TK White Lemonade 2 Litres	Lemonade	1.9	6	2
The Co-operative Sparkling Lemonade Shandy 2 Litre	Lemonade	1.2	4	1
The Co-operative Lemonade 2 Litre	Lemonade	1	3	1
Club Orange 2 Litres	Orange	14.3	47	12
Finches Sparkling Orange 2 Litre	Orange	13.3	44	11
Club Rock Shandy 2 Litres	Orange	13.2	44	11
Finches Rock Shandy 1.5 Litre	Orange	13.2	44	11
Marley's Natural Relaxation Mellow Mood Citrus 355ml	Orange	12.1	40	10
Rio Citrus 330ml	Orange	11.8	39	10
Marks & Spencer Florida Orange	Orange	11.7	39	10
Heartsease Farm St. Clements Pressé Sparkling 750ml	Orange	11.2	37	9
San Pellegrino Sanpellegrino Chinotto 33cl Can Single	Orange	11.1	37	9
Mirinda Orange 33cl	Orange	10.6	35	9
Tesco Orange & Mango Sparkling Drink	Orange	10.6	35	9
Tesco Orange & Passion Fruit Sparkling Drink	Orange	10.3	34	8
Barr Orangina Bulby	Orange	10.2	34	8
Barr Orangina Regular	Orange	10.2	34	8
Lidl Freeway Orange	Orange	10	33	8
San Pellegrino Sanpellegrino Aranciata 6 x 330ml	Orange	9.7	32	8
Barr Orangina Tropical	Orange	9.3	31	8
Turbo Tango 375ml	Orange	8.2	27	7
Pure Pret Sparkling orange	Orange	7.9	26	7
Tesco Orange Sparkling Drink	Orange	7.3	24	6
Country Spring Orange 3 Litre	Orange	7.2	24	6
Fanta Orange 330ml	Orange	7.1	23	6
Fanta Orange 500ml	Orange	6.9	23	6
Rapidz Orange	Orange	5.1	17	4
TK Orange 2 Litres	Orange	3.9	13	3
Tango Citrus AARGH! 2 Litres	Orange	1.9	6	2
Fanta Grape Flavoured Drink 330ml	Other	13.5	45	11

Product Name	Flavour	Sugars (g) per 100g	Sugars (g) per 330ml* serving	Teaspoons sugar (g) equiv/330ml* serving
Jammin Sparkling Tropical Flavour Drink 6 x 500ml	Other	13.2	44	11
Jammin Sparkling Black Grape Flavour Drink 6 x 500ml	Other	13.1	43	11
Jammin Sparkling Pineapple Flavour Drink 2L	Other	12.9	43	11
Jammin Sparkling Fruit Punch Flavour Drink 2L	Other	12.7	42	10
Marley's Natural Relaxation Mellow Mood Berry 355ml	Other	12.1	40	10
San Pellegrino Sanpellegrino Aranciata Rossa 33cl Can Single	Other	11.8	39	10
Shloer White Grape	Other	11.6	38	10
Pure Pret Sparkling Apple	Other	11.5	38	9
Shloer Red Grape	Other	11.5	38	9
Shloer Rosé	Other	11.5	38	9
Marks & Spencer Rhubarb & Custard Sparkling drink	Other	11.5	38	9
Shloer Apple and White Grape	Other	11.3	37	9
Shloer White Grape, Raspberry & Cranberry	Other	11	36	9
Barr In Bru	Other	10.5	35	9
Heartsease Farm Sparkling English Elderflower Pressé 330ml	Other	10.5	35	9
Heartsease Farm British Blackcurrant Crush Sparkling 750ml	Other	10.4	34	9
Appletiser	Other	10.2	34	8
Fanta Beach Strawberry and Kiwi Flavour 2 Litre	Other	10.2	34	8
Fanta Mango and Passionfruit 2L	Other	10.1	33	8
Fanta Peach and Apricot 2 Litre	Other	10.1	33	8
Lilt Mango Flavour 330ml	Other	10.1	33	8
Pure Pret Sparkling Yoga Bunny	Other	9.7	32	8
Ame Grape & Apricot	Other	9.2	30	8
Fanta Fruit Twist 2 Litre	Other	9.2	30	8
Fanta Red Fruits 2 Litre	Other	9	30	7
AME ELDERBERRY AND LEMON	Other	8.9	29	7
Simply M&S sparkling red cherry	Other	8.8	29	7
AME RASPBERRY AND BLACKBERRY	Other	8.7	29	7
Levi Roots Caribbean Crush 2 Litres	Other	8.4	28	7
Peartiser 750ml	Other	8.4	28	7
AME ORANGE AND GRAPE	Other	8.3	27	7
Belvoir COCONUT & LIME PRESSÉ CAN	Other	8	26	7
Marks & Spencer 4 Sparkling British Cox Apple Presses	Other	8	26	7
The Co-operative Truly Irresistible Sparkling Raspberry Juice Drink	Other	7.7	25	6
Levi Roots Orange, Papaya 'n' Lime 2 Litre	Other	7.6	25	6
Levi Roots Mango 'n' Pineapple 2 Litres	Other	7.3	24	6
bottlegreen Sparkling Acacia Blossom 750ml	Other	7	23	6
bottlegreen Sparkling Mango & Coconut 750ml	Other	7	23	6
Fanta Raspberry & Passionfruit	Other	6.7	22	6
Levi Roots Tropical Punch 500ml	Other	6.6	22	5
Barr Tizer 2 Litre	Other	5.7	19	5
Calypto Sparkling Rapidz Iron Brew 330ml	Other	5.7	19	5
Lilt Pineapple & Grapefruit 2 Litre	Other	4.6	15	4
Asda Chosen by You Iron Brew 2 Litres	Other	4	13	3
Marley's Natural Relaxation Mellow Mood Lite Mango 355ml	other	3	10	2
Tango Cherry 2 Litres	Other	2.4	8	2
Tango Apple 2 Litres	Other	2.1	7	2