



This quiz can be displayed on your wall or handed out. You might want to provide a prize for the winner(s) but it can just be for fun.

When you announce your winner, it is a good idea to share the table of answers for people to read.

If you have any queries or comments please get in touch with Sugar Smart Durham's co-ordinator [Hannah.murray-leslie@durhamcommunityaction.org.uk](mailto:Hannah.murray-leslie@durhamcommunityaction.org.uk) or you can keep in touch via our twitter page @SugarSmartDUR

Which soft drink do you think has the highest sugar content per 100ml?



Name & contact details	Highest sugar drink

drink	ml	sugar (g)	sugar / 100ml	sugar cubes / 100ml
Rockstar Punched Energy + Guava	500	78	15.60	3.90
Old Jamaica Ginger Beer	330	50	15.15	3.79
Mountain Dew Energy Drink	500	66	13.20	3.30
Mars Milk	376	48	12.77	3.19
Lucozade Energy	500	62	12.40	3.10
Rubicon Sparkling Mango	330	37.2	11.27	2.82
7up	500	56	11.20	2.80
Pepsi	500	56	11.20	2.80
Monster Energy	500	55	11.00	2.75
Cranberry Juice	200	22	11.00	2.75
Red Bull	250	27.5	11.00	2.75
Yop Strawberry	500	55	11.00	2.75
Cocacola	330	35	10.61	2.65
Relentless Energy	500	53	10.60	2.65
Orange Juice	200	21	10.50	2.63
Innocent Smoothie Strawberries & Bananas	250	26	10.40	2.60
Irn Bru	500	51.6	10.32	2.58
Tropicana Smooth	300	30	10.00	2.50
Innocent Smoothie Apples & Blackcurrant	180	18	10.00	2.50
Ribena	500	50	10.00	2.50
Frijj Burst Of Banana	471	46	9.77	2.44
San Pellegrino Lemonade	330	29.4	8.91	2.23
Sunny D	500	41.25	8.25	2.06
Weetabix On The Go Strawberry	250	20	8.00	2.00
Up & Go	250	18.25	7.30	1.83
Dr Pepper	500	36	7.20	1.80
J2o	275	19	6.91	1.73
Fanta Orange	500	34	6.80	1.70
Sprite	500	34	6.80	1.70
Vimto	500	33	6.60	1.65
Lilt	500	24	4.80	1.20
Volvic Touch Of Fruit Strawberry	500	23	4.60	1.15
Tango Orange	600	26.4	4.40	1.10
Lipton Ice Tea Peach	500	22	4.40	1.10
Powerade	500	21	4.20	1.05
Lucozade Sport	500	18	3.60	0.90
Glaceau Vitamin Water	500	15	3.00	0.75
Fruit Shoot Blackcurrant & Apple	200	2.2	1.10	0.28
Diet Coke	330	0	0.00	0.00
Tap Water	220	0	0.00	0.00
Diet Pepsi	600	0	0.00	0.00
Pepsi Max	500	0	0.00	0.00
Bottled Water	500	0	0.00	0.00