



Action on Sugar Survey 2014 - All Data

Amounts of sugars* per portion of some well-known food and drink products [5]

Data table sorted by category, alphabetically, highest sugar per portion

Product information was collected online, instore, direct from manufacturers or analysed.

Product name	Serving size	Energy (kcal) per portion	Sugar per portion (g)	Teaspoons of sugar per portion (4g/teaspoon)
Starbucks caramel Frappuccino with whipped cream / Skimmed Milk	Tall (small)	273	44.3	11
Coca Cola Original Coke	330ml	139	35	9
Pepsi Regular Cola	330ml	142	35	9
Mars chocolate bar	51g	230	30.4	8
Pret a Manger Very Berry Latte	295g	145	26.9	7
Muller Crunch Corner Strawberry Shortcake Yogurt 135g	135g	212	23.6	6
Sharwood's Sweet & Sour Chicken With Rice	375g	420	22.1	6
Cadbury Hot Drinking Chocolate	200ml	160	22.1	6
Yeo Valley Family Farm 0% Fat Vanilla Yogurt	150g	120	20.9	5
Solero Exotic Ice Cream	88ml	94	17	4
Kellogg's Frosties	30g	172	17	4
Butterkist Toffee Popcorn	25g	105	16.5	4
Glaceau Vitamin Water, Defence	500ml	65	15	4
Heinz Classic Tomato Soup	300g	171	14.9	4
Ragu Tomato & Basil Pasta Sauce	200g	80	13.8	3
Kellogg's Nutri-Grain Crunchy Oat Granola Cinnamon Bars	40g	186	9	2
Pot Noodle Curry King Pot	114g	507	7.6	2
Heinz Tomato Ketchup	15ml	18	4	1
Heinz Salad Cream	15ml	50	2.6	0.7
Hovis Wholemeal Medium	40g	88.0	1.6	0.4

**The terms 'sugars' includes both naturally occurring (from e.g. fruit and dairy) and added sugar*