

# Drinks swaps guide

## Take a closer look at these common drinks

The World Health Organisation recommends primary school aged children have a **MAXIMUM of 4 teaspoons (16g) of added sugar or 'free sugars' PER DAY.**

**47% of Australian children (2 to 16 years of age) consume sugar sweetened drinks EVERYDAY.**  
YOU can choose to drink water....this is a better choice for your wellbeing and also for our planet.

Check out the [rethink sugar drinks calculator](#) or watch this [rethink sugar video](#)

PRODUCT	INGREDIENTS	SMART SWAP	INGREDIENTS
	<p><b>Ingredients</b> Water, Reconstituted Fruit Juice Pear or Apple (15%), Pineapple (9%), Passionfruit (1%), Sugar, Food Acids (Citric Acid, Potassium Citrate), Vitamin C, Natural Flavours.</p> <p><b>Sugar per 250ml serve</b> 23.2g = close to 6 teaspoons</p>	 	<p><b>Ingredients</b> 100% orange juice</p> <p><b>Sugar per 250ml serve</b> 20g = 5 teaspoons</p> <p><i>Made from whole fruit, keeping the fibre intact so a slower release of energy, plus rich in nutrients.</i></p>
	<p><b>Ingredients</b> Reconstituted Juices [Apple(98%), Grape(1%)], Carbon Dioxide, Natural Flavours, Food Acid(Citric), Colour(Carmine)</p> <p><b>Sugar per 250ml serve</b> 26.8g = more than 6 teaspoons</p> <p><i>Lacking in nutritional benefits</i></p>		<p><b>Ingredients</b> Natural mineral water, carbon dioxide, natural tangerine and strawberry flavouring with other natural flavourings.</p> <p><b>Sugar per 330ml serve = 0g</b></p> <p><i>No Artificial Flavours No Sugars or Sweeteners Sparkling water with flavour</i></p>
	<p><b>Ingredients</b> Whole Milk (91%), Sugar, Cocoa (1%), Maltodextrin, Flavours, Stabiliser (407), Salt, Colours (155, 133).</p> <p><b>Sugar per 300ml serve</b> 31.8g = close to 8 teaspoons</p> <p><i>NOTE: 600ml bottle is considered 2 serves = 16tsp sugar (4 x the recommended amount)</i></p>		<p><b>Ingredients</b> Skim milk, milk, milk solids, sugar, cocoa (0.5%), natural flavours, stabiliser (407).</p> <p><b>Sugar per 250ml serve</b> 17.8g = close to 4 teaspoons</p> <p><i>30% less sugar than other flavoured milks, though I don't like the association with children's cartoons and this won't appeal to older kids</i></p>