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Shocking sugar levels

Sugar levels are slowly rising in high-street coffee shops.

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Sugar levels in hot drinks

A campaign group, Action on Sugar, investigated 131 hot drinks and found 1/3 had at least as much sugar as a can of fizzy juice which is roughly 9 teaspoons.

The most sugar in 1 drink was the Starbucks hot mulled fruit which had 25 teaspoons of sugar.

Starbucks, Costa and Café Nero said they would try to cut down the amount of sugar in their hot drinks. Action on Sugar found that 98% of hot drinks would receive a red nutritional value label for their high sugar levels.

The NHS said the recommended maximum intake of added sugar per day for those aged 11 and over is about 30g or 7 teaspoons.

Sugar levels are rapidly increasing in hot drinks but the high street coffee shops are trying to cut down the sugar content in more drinks.