



Hot Drinks Survey 2016 - All Data

Data table sorted by category, alphabetically, highest sugars per serving
 Product information was collected online, instore or direct from manufacturers.
 Colour coding based on new front of pack colour-coded nutrition labelling criteria
 Sugars - Red >13.5g/portion or >11.25g/100ml, Amber >2.5≤11.25/100ml, Green ≤2.25g/100ml

| Café | Drink | Sugars per serving (g) | Teaspoons of sugar per serving |
|---------------|---|------------------------|--------------------------------|
| Starbucks | Hot Mulled Fruit - Grape with Chai, Orange and Cinnamon Venti | 99.0 | 25 |
| Starbucks | Hot Mulled Fruit - Apple with Chai, Dried Apple and Cinnamon Venti | 88.0 | 22 |
| Costa Coffee | Chai Latte Massimo - Eat In | 79.7 | 20 |
| Starbucks | Hot Mulled Fruit - Grape with Chai, Orange and Cinnamon Grande | 76.0 | 19 |
| Starbucks | White Chocolate Mocha with Whipped Cream Venti | 73.8 | 18 |
| Starbucks | Hot Mulled Fruit - Apple with Chai, Dried Apple and Cinnamon Grande | 69.0 | 17 |
| Starbucks | Signature Hot Chocolate Venti | 60.0 | 15 |
| Starbucks | White Chocolate Mocha with Whipped Cream Grande | 59.1 | 15 |
| KFC | Mocha | 58.8 | 15 |
| Costa Coffee | Mocha Latte Massimo - Eat Out | 57.5 | 14 |
| Costa Coffee | Mocha Latte Massimo - Eat In | 56.3 | 14 |
| KFC | Hot Chocolate with cream | 54.3 | 14 |
| Costa Coffee | Hot Chocolate Massimo - Eat Out | 54.0 | 14 |
| Costa Coffee | Hot Chocolate Massimo - Eat In | 53.1 | 13 |
| Costa Coffee | Mocha Massimo - Eat Out | 52.6 | 13 |
| Starbucks | Chai Tea Latte Venti | 52.0 | 13 |
| Starbucks | Hot Mulled Fruit - Grape with Chai, Orange and Cinnamon Tall | 52.0 | 13 |
| Costa Coffee | Mocha Massimo - Eat In | 51.7 | 13 |
| Caffe Nero | Caramelatte - Drink In | 50.6 | 13 |
| Costa Coffee | Chai Latte Medio - Eat In | 49.3 | 12 |
| Starbucks | Signature Hot Chocolate Grande | 47.4 | 12 |
| Starbucks | Hot Mulled Fruit - Apple with Chai, Dried Apple and Cinnamon Tall | 47.0 | 12 |
| Eat | Matcha Latte Big | 45.2 | 11 |
| KFC | Mocha | 45.1 | 11 |
| Greggs | Mocha Large | 45.0 | 11 |
| Starbucks | White Chocolate Mocha with Whipped Cream Tall | 44.4 | 11 |
| Starbucks | Mocha with Whipped Cream Venti | 43.2 | 11 |
| McDonalds | Mocha Large | 43.0 | 11 |
| Eat | Chai Latte Big | 42.8 | 11 |
| Pret a Manger | Orange Spiced Hot Chocolate | 42.2 | 11 |
| Starbucks | Caramel Macchiato Venti | 42.1 | 11 |
| KFC | Hot Chocolate with cream | 42.0 | 11 |
| Starbucks | Classic Hot Chocolate Venti | 41.8 | 10 |
| Starbucks | Chai Tea Latte Grande | 41.5 | 10 |
| Caffe Nero | Hot Chocolate with Whipped Cream - Drink In | 41.0 | 10 |
| Starbucks | Pumpkin Spice Latte with Whip Venti | 39.2 | 10 |
| McDonalds | Mocha Medium | 38.0 | 10 |
| Costa Coffee | Mocha Latte Medio - Eat In | 37.7 | 9 |
| Costa Coffee | Mocha Latte Medio - Eat Out | 37.7 | 9 |
| Starbucks | Signature Hot Chocolate Tall | 36.4 | 9 |
| McDonalds | Hot Chocolate Large | 36.0 | 9 |
| Costa Coffee | Gingerbread Latte Massimo - Eat Out | 36.0 | 9 |
| Caffe Nero | Hot Chocolate Milano with Whipped Cream Drink in | 35.7 | 9 |
| Costa Coffee | Cinnamon Latte Massimo -Eat Out | 35.4 | 9 |
| Costa Coffee | Vanilla Latte Massimo -Eat Out | 35.3 | 9 |
| Costa Coffee | Roasted Hazelnut Latte Massimo -Eat Out | 35.0 | 9 |
| Eat | Matcha Latte Small | 34.9 | 9 |
| Costa Coffee | Gingerbread Latte Massimo - Eat In | 34.9 | 9 |
| Costa Coffee | Hot Chocolate Medio - Eat In | 34.8 | 9 |
| Costa Coffee | Vanilla Latte Massimo -Eat In | 34.8 | 9 |
| Costa Coffee | Hot Chocolate Medio - Eat Out | 34.8 | 9 |
| Costa Coffee | Hot Chocolate Primo - Eat Out | 34.8 | 9 |
| Costa Coffee | Caramel Latte Massimo -Eat Out | 34.6 | 9 |
| Costa Coffee | Mocha Medio - Eat In | 34.4 | 9 |
| Costa Coffee | Mocha Medio - Eat Out | 34.4 | 9 |
| Costa Coffee | Cinnamon Latte Massimo -Eat In | 34.2 | 9 |
| Greggs | Mocha Regular | 34.0 | 9 |
| Costa Coffee | Roasted Hazelnut Latte Massimo -Eat In | 33.9 | 8 |
| Costa Coffee | Caramel Latte Massimo -Eat In | 33.5 | 8 |
| Caffe Nero | Chai Latte - Drink In | 33.2 | 8 |
| KFC | Caramel Latte - Large | 33.2 | 8 |
| Eat | Chai Latte Small | 33.0 | 8 |
| Greggs | Hot Chocolate Large | 33.0 | 8 |
| Starbucks | Mocha with Whipped Cream Grande | 32.9 | 8 |
| Starbucks | Classic Hot Chocolate Grande | 32.9 | 8 |
| Eat | Hot Chocolate Big | 32.0 | 8 |
| McDonalds | Toffee Latte Large | 32.0 | 8 |
| Costa Coffee | Chai Latte Primo - Eat In | 31.9 | 8 |
| Starbucks | Chai Tea Latte Tall | 31.3 | 8 |
| Starbucks | Caramel Macchiato Grande | 31.0 | 8 |
| Starbucks | Pumpkin Spice Latte with Whip Grande | 30.6 | 8 |
| Pret a Manger | Hot Chocolate | 30.3 | 8 |
| Starbucks | White Chocolate Mocha with Whipped Cream Short | 29.9 | 7 |
| Eat | Mocha Big | 29.2 | 7 |
| McDonalds | Vanilla Latte Large | 28.0 | 7 |
| Costa Coffee | Mocha Latte Primo - Eat Out | 27.5 | 7 |
| Caffe Nero | Luxury Hot Chocolate - Drink In | 27.3 | 7 |
| McDonalds | Hot Chocolate | 27.0 | 7 |
| KFC | Caramel Latte | 26.8 | 7 |
| Costa Coffee | Gingerbread Latte Medio -Eat In | 26.6 | 7 |
| Costa Coffee | Gingerbread Latte Medio -Eat Out | 26.6 | 7 |
| Starbucks | Mocha with Whipped Cream Tall | 26.3 | 7 |
| Costa Coffee | Cinnamon Latte Medio -Eat In | 26.1 | 7 |
| Costa Coffee | Cinnamon Latte Medio -Eat Out | 26.1 | 7 |

| Café | Drink | Sugars per serving (g) | Teaspoons of sugar per serving |
|---------------|---------------------------------------|------------------------|--------------------------------|
| Costa Coffee | Vanilla Latte Medio -Eat In | 26.1 | 7 |
| Costa Coffee | Vanilla Latte Medio -Eat Out | 26.1 | 7 |
| Costa Coffee | Roasted Hazelnut Latte Medio -Eat In | 25.9 | 6 |
| Costa Coffee | Roasted Hazelnut Latte Medio -Eat Out | 25.9 | 6 |
| Starbucks | Classic Hot Chocolate Tall | 25.8 | 6 |
| Costa Coffee | Caramel Latte Medio -Eat In | 25.6 | 6 |
| Costa Coffee | Caramel Latte Medio -Eat Out | 25.6 | 6 |
| Starbucks | Caramel Macchiatto Tall | 25.5 | 6 |
| KFC | Vanilla Latte | 25.4 | 6 |
| Costa Coffee | Mocha Latte Primo - Eat In | 25.2 | 6 |
| McDonalds | Toffee Latte Medium | 25.0 | 6 |
| Greggs | Hot Chocolate Regular | 25.0 | 6 |
| Eat | Hot Chocolate Small | 24.6 | 6 |
| Caffe Nero | White Chocolate Mocha - Drink In | 24.5 | 6 |
| Costa Coffee | Mocha Primo - Eat Out | 24.4 | 6 |
| Costa Coffee | Hot Chocolate Primo - Eat Out | 24.3 | 6 |
| Caffe Nero | Mocha with Whipped Cream - Drink In | 24.3 | 6 |
| Starbucks | Pumpkin Spice Latte with Whip Tall | 24.1 | 6 |
| Starbucks | Signature Hot Chocolate Short | 23.9 | 6 |
| Costa Coffee | Mocha Primo - Eat In | 23.0 | 6 |
| Costa Coffee | Hot Chocolate Primo - Eat In | 22.6 | 6 |
| Eat | Mocha Small | 22.1 | 6 |
| Leon | Mocha | 22.0 | 6 |
| Pret a Manger | Love Bar Latte | 21.8 | 5 |
| Pret a Manger | Orange Spiced Latte | 21.4 | 5 |
| McDonalds | Vanilla Latte Medium | 21.0 | 5 |
| Starbucks | Chai Tea Latte short | 20.9 | 5 |
| Pret a Manger | Mocha | 20.7 | 5 |
| KFC | Vanilla Latte | 19.0 | 5 |
| Costa Coffee | Gingerbread Latte Primo -Eat Out | 18.5 | 5 |
| Costa Coffee | Cinnamon Latte Primo -Eat Out | 18.2 | 5 |
| Costa Coffee | Vanilla Latte Primo -Eat Out | 18.2 | 5 |
| Costa Coffee | Roasted Hazelnut Latte Primo -Eat Out | 18.0 | 5 |
| Costa Coffee | Caramel Latte Primo -Eat Out | 17.8 | 4 |
| Costa Coffee | Gingerbread Latte Primo -Eat In | 17.4 | 4 |
| Leon | Hot Chocolate | 17.0 | 4 |
| Costa Coffee | Cinnamon Latte Primo -Eat In | 17.0 | 4 |
| Costa Coffee | Vanilla Latte Primo -Eat In | 17.0 | 4 |
| Costa Coffee | Roasted Hazelnut Latte Primo -Eat In | 16.9 | 4 |
| Starbucks | Mocha with Whipped Cream Short | 16.8 | 4 |
| Starbucks | Classic Hot Chocolate Short | 16.8 | 4 |
| Costa Coffee | Caramel Latte Primo -Eat In | 16.7 | 4 |
| Starbucks | Pumpkin Spice Latte with Whip Short | 15.6 | 4 |
| Starbucks | Caramel Macchiatto Short | 14.7 | 4 |
| Costa Coffee | Chocolate Babycinno | 12.9 | 3 |
| Costa Coffee | Mocha Cortado - Eat Out | 12.1 | 3 |
| Costa Coffee | Mocha Cortado - Eat In | 10.4 | 3 |