



GULP – Beverage List

- A non-exhaustive list of beverages available in supermarkets.
- Product information was collected through online grocery services.
- Colour coding based on new front of pack colour-coded nutrition labelling criteria. Sugars:
 - **Red** >13.5g/portion or >11.25g/100ml
 - **Amber** >2.5-11.25g/100ml
 - **Green** >2.25g/100ml

Name	Category	Volume (ml)	Energy (kcal) per 100ml	Energy (kcal) per can / bottle	Sugar (g) per 100ml	Sugar (g) per serving	Sugar Cubes (1 = 4g)
Mountain Dew	Energy Drink	500	48	240	13	66	17
Pepsi Regular	Soft Drink	500	41	205	11.2	56	14
Monster Energy Drink	Energy Drink	500	47	237	11	55	14
Yop Strawberry	Milkshake	500	72	360	11	55	14
Mars Refuel Sportscap	Milkshake	376	70	263	12.8	48	12
Frijj Banana	Milkshake	400	74	296	9.7	38.8	9
Coca Cola	Soft Drink	330	42	139	10.6	35	9
Vimto	Soft Drink	500	27	135	6.6	33	8
Red Bull	Energy Drink	250	46	115	11	27.5	7
Tropicana Orange Juice	Fruit Juice	300	42	126	8.6	26	6
Innocent Smoothie Strawberries & Bananas	Smoothie	250	53	134	10	26	7
Dr. Pepper	Soft Drink	500	20	100	4.9	24.5	6
Rockstar Punched Energy + Guava	Energy Drink	500	26	130	4.8	24	6
Relentless Origin	Energy Drink	500	22	108	4.8	24	6
Fanta Orange	Soft Drink	500	19	96	4.6	24	6
Lilt	Soft Drink	500	20	100	4.6	24	6
7 UP	Soft Drink	500	29	144	4.7	23.5	6
Irn Bru	Soft Drink	500	20	100	4.7	23.5	6
Ribena Blackcurrant	Soft Drink	500	21	105	4.6	23	6

Volvic Touch of Fruit Strawberry	Flavoured Water	500	19	95	4.6	23	6
Lucozade Energy Orange	Energy Drink	500	35	176	4.5	22.5	6
Lipton Ice Tea Peach	Soft Drink	500	19	95	4.4	22	6
Tango Orange	Soft Drink	500	19	95	4.2	21	5
Fresh Orange Juice	Fruit Juice	200	46	92	10.5	21	5
Powerade Berry / Tropical	Sports Drink	500	18	90	4.2	21	5
Cranberry Juice	Fruit Juice	200	42	94	9.9	19.8	5
Up & Go Chocolate	Breakfast Drink	300	67	221	5.9	19.5	5
Sunny Delight Tangy Florida	Fruit Juice	500	19	96	3.8	19	5
Weetabix on the go Strawberry	Breakfast Drink	250	83	208	7.3	18.3	5
Lucozade Sport Orange	Sports Drink	500	28	140	3.6	18	5
Innocent Smoothie Blackcurrant & Apples	Smoothie	180	57	103	10	18	5
Sprite	Soft Drink	500	14	70	3.3	16.5	4
Old Jamaica Ginger Beer	Soft Drink	330	20	66	4.9	16	4
San Pellegrino Limonada	Soft Drink	330	22	71	4.7	15.5	4
Vitamin Water Power C Dragonfruit	Flavoured Water	500	13	65	3	15	4
Rubicon Mango	Soft Drink	330	20	66	4.5	14.8	4
J2O Orange & Passion Fruit	Soft Drink	275	23	63	4.7	13	3
Fruit Shoot Apples & Blackcurrant	Low-Sugar Fruit Juice	200	5	10	0.8	1.6	>1
Diet Coke	Diet / Zero Drink	330	0.4	1	0	0	0
Tap Water	Water	200	0	0	0	0	0
Pepsi Diet	Diet / Zero Drink	600	0.6	4	0	0	0
Pepsi Max	Diet / Zero Drink	600	0.4	2	0	0	0
Buxton Water	Bottled Water	500	0	0	0	0	0
Highland Spring	Bottled Water	500	0	0	0	0	0
Volvic	Bottled Water	500	0	0	0	0	0
Evian	Bottled Water	500	0	0	0	0	0

This list has been put together by Food Active (Health Equalities Group). Correct as of August 2019.