



# healthyfood@sport

## Sugar Content of Popular Drinks: Considerations for Children in Sport – Fact Sheet

Soft drinks and sports drinks are heavily advertised, and commonly available. Although sport is associated with an increased need for both fluid and energy, children and parents may be unaware much sugar is in these popular drinks.

Sugar is a carbohydrate and can be found in foods and a variety of juices, sports drinks and soft drinks. Sugar provides energy to working muscles and can contribute to taste and desirability. It is possible for children to have too much sugar. Having too much sugar in the diet can contribute to undesirable weight gain and tooth decay.

Although sports drinks and soft drinks may provide a convenient and practical source of energy and fluid, there can be a tendency to overindulge in them. These drinks are marketed vigorously, taste great and are easily ingested in large quantities. Furthermore, energy drinks also may have added caffeine which is not suitable for children to consume. Thus these drinks should be consumed with *caution*.

Table 1 and Table 2 present information describing the quantity of sugar and the energy content of popular sports drinks and soft drinks.

### How Much Sugar?

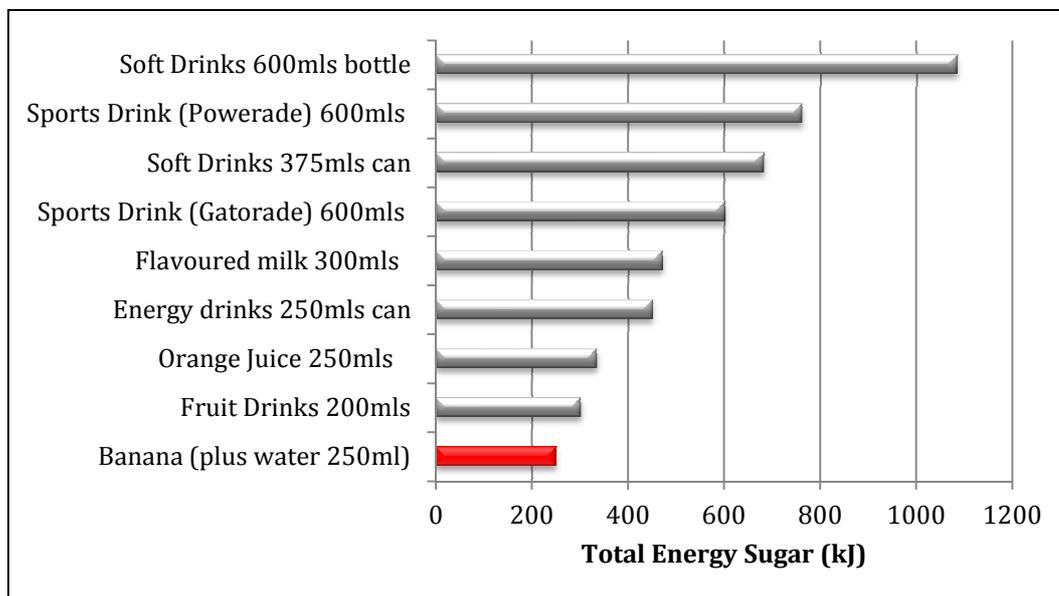
**Table 1** describes how much sugar is found in common sports drinks and soft drinks.

Product	Sugar content – grams (gms)	Sugar content – tea spoons (Tsp)
Soft drinks 600mls bottle	65	16 ¼
Sports drink (Powerade) 600mls	45.6	11 ½
Soft drinks 375mls can	40.9	10
Sports drink (Gatorade) 600mls	36	9
Full fat flavoured milk 300mls	28.2	7
Energy drinks 250mls can	27	6 ¾
Orange juice 250mls	20	5
Fruit drinks 200mls	18	4 ½

**Table 2** Total energy content kilojoules (kJ) associated with sugar contained in popular sport drinks and soft drinks. The serving size is presented as the volume of drink



purchased. The energy content of the sugar (fructose) contained in a medium size banana has been included for reference. Compared to a banana, a 600ml bottle of soft drink contains more than 4 times the amount of energy.



Adapted from the Nutrition Australia Qld Bowled Over Project.

References:

Nutrition Australia Qld Bowled Over Project 2010

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