

NutriGet

Know More about Sugary Drinks

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There is nothing better than a drink, be it soft drink, juice or sweetened tea to quench the thirst in hot weather. Yet have you ever pondered what health problems these sugars added drinks may cause if they are consumed in large amount over a long period of time?

How to identify sugary drinks?

To determine if a drink has added sugars, check the ingredient list on the package first. All ingredients are listed in descending order by weight - the ingredient that weighs the most is listed first and the lowest weight ingredient listed last. Other than the word "sugar", if any of the following names shows up on the ingredient list, you'll know that the drink contains added sugars:

- Glucose/dextrose
- Concentrated cane juice
- Concentrated fruit juice
- Honey
- Syrup

Even some products, like fruit juices, carry the claims with "no added sugars", they may themselves contain certain amount of sugars. So, if you want to find out the actual amount of sugars in your drink, you will have to look up the nutrition label on the package. The nutrient content is listed based on the "reference amount" of the drink, often expressed either as per 100ml or per serving. Look for the reference amount on the nutrition label first before reading the sugars content.

For example:

- A 500ml bottle of lemon tea
- The reference amount on the nutrition label is per 100ml
- Sugars content per 100ml is 7g
- In this case, drinking a 500ml bottle of lemon tea, you will get:
7g of sugars X 5 = 35g of sugars, which is approximately equivalent to 7 cubes of sugar

* 5g of sugars ~ 1 cube of sugar

Based on a 2000-kcal diet, an individual should limit the intake of sugars to not more than 50g per day (about 10 cubes of sugar). Drinks free of sugars should be the primary choices as our body does not need to get extra energy from sugars.



500ml of this lemon tea contains 35g of sugars (about 7 cubes of sugar)

營養資料 Nutrition Information	
	每 100 毫升/Per 100ml
能量/Energy	28 千卡/kcal
蛋白質/Protein	0 克/g
總脂肪/Total fat	0 克/g
- 飽和脂肪/Saturated fat	0 克/g
- 反式脂肪/Trans fat	0 克/g
碳水化合物/Carbohydrates	7 克/g
- 糖/Sugars	7 克/g
鈉/Sodium	28 毫克/mg



Some popular drinks

Sugars content of some popular drinks

Drinks (Usual consumption amount in one drinking occasion)	Sugars content (g/100ml)	Sugars intake per drinking occasion (g)
Lactic acid beverage (100ml)	16.7	17
Lemon tea (250ml)	13.6	34
Pure orange juice (250ml)	9.9	25
Green tea with honey (500ml)	3.3	17
Sports drink (330ml)	6.6	22
Soft drink (330ml)	10.6	35
Orange juice drink (250ml)	10.8	27

Health effects of drinking sugary drinks frequently

- **Body weight**
International authorities including the World Health Organization and the Food and Agriculture Organization of the United Nations suggest that drinking too many sweetened drinks can cause excessive weight gain. A number of studies have also shown that drinking sugary drinks may increase the risk of childhood obesity.
- **Diabetes and heart diseases**
Overweight and obesity increase the risk of having cardiovascular diseases, type 2 diabetes and certain cancers. A study pointed out that individuals who drink one to two cans of sugary drinks a day have a 26% greater risk of developing type 2 diabetes than those who drink none or sparsely (less than one can per month).

Options to Reduce Sugars Intake

1. **Water** Plain water is always the preferred choice. For more refreshing taste, add fresh lemon or lime and mint leaves to water.
2. **Tea/Flowering Tea** Chrysanthemum tea, green tea, black tea and the like, without added sugar, are good choices.
3. **Homemade carbonated juice drinks** 200ml soda water blended with ice and some 30ml fresh fruit juice makes a refreshing drink.
4. **Soup with less salt added** Fresh vegetable, lean meat and skinned poultry soup is also a healthy choice.