

# Sugar in drinks here

Drink	Sugar per 100ml	Sugar in teaspoons per 100ml (4g = 1 teaspoon)
Kickapoo Joy Juice	13.5g	3.4
Mountain Dew	12.5g	3.1
A&W Root Beer	12.4g	3.1
Pokka Guava Juice	12g	3
Coca-Cola	10.6g	2.7
Ribena Sparkling Blackcurrant	9.7g	2.4

