

Reduce your sugar

Lucozade
Energy
(500ml)
285 cal



17
tsp

Monster
Energy
(500ml)
235 cal



13.75
tsp

Old Jamaica
Ginger Beer
(330ml)
201 cal



12.5
tsp

Galaxy
Smooth
Milkshake
(375ml)
255 cal



10.9
tsp

Juicy Water
Lemons &
Limes
(420ml)
159 cal



9.1
tsp

Coca-Cola
(330ml)
139 cal



8.75
tsp

Capri-Sun
Blackcurrant
(200ml)
100 cal



6
tsp

Sainsbury's
High Juice
Blackcurrant
(200ml serving)
66 cal



3.9
tsp

Bottlegreen
Elderflower
Cordial
(200ml serving)
58 cal



3.6
tsp

Join in! Be part of a healthier Enfield