

Table of Sugary Drinks and Their Healthy Alternatives

Sugar values may vary depending on the brand and specific recipe. It is advisable to read nutritional labels for accurate information.

CATEGORY	SUGARY DRINK	SUGAR CONTENT	HEALTHY ALTERNATIVE	SUGAR CONTENT
Carbonated Soft Drinks	Regular cola (355 ml)	39 g	Sparkling water with lemon slice (355 ml)	0 g
Fruit Juices	Processed orange juice (240 ml)	24 g	Freshly squeezed orange juice (240 ml)	20 g
Energy Drinks	Standard energy drink (500 ml)	54 g	Natural coconut water (500 ml)	6 g
Sports Drinks	Commercial sports drink (355 ml)	21 g	Water with a pinch of salt and lemon (355 ml)	0 g
Sweetened Teas	Sweetened Iced Tea (355 ml)	33 g	Unsweetened Iced Tea with Mint (355 ml)	0 g
Specialty Coffees	Coffee with flavoured syrup (240 ml)	30 g	Black coffee with cinnamon (240 ml)	0 g
Lemonades	Commercial lemonade (355 ml)	25 g	Homemade lemonade without added sugar (355 ml)	5 g (natural sugars from lemon)
Flavored waters	Commercial flavored water (355 ml)	15 g	Water infused with fresh fruits (355 ml)	0 g
Cold Coffee Drinks	Coffee with milk and flavorings (355 ml)	28 g	Cold brew coffee with unsweetened almond milk (355 ml)	0 g
Commercial Shakes	Commercial fruit smoothie (450 ml)	45 g	Homemade fruit smoothie without added sugar (450 ml)	25 g (natural sugars from fruits)