

# How much sugar are you drinking?

Seven beverage manufacturers have committed to a maximum sugar content of 12 per cent for all of their drinks sold in Singapore by 2020. Here's how their drinks currently stack up:

1 tsp (1 cube)  
= 5g of sugar



The maximum recommended sugar intake for an average Singaporean is **11** teaspoons a day

Almost **2.5 teaspoons** every 100ml

**12.4%** of 100ml

A little more than **2 teaspoons** every 100ml

**10.6%** of 100ml

A little more than **2 teaspoons** every 100ml

**10.6%** of 100ml

Less than **2 teaspoons** every 100ml

**8.5%** of 100ml

Less than **1.5 teaspoons** every 100ml

**6.9%** of 100ml

More than **1 teaspoon** every 100ml

**6%** of 100ml

More than **1 teaspoon** every 100ml

**6%** of 100ml

More than **1 teaspoon** every 100ml

**6%** of 100ml



**A&W Root Beer (320ml)**  
(Coca-Cola)



**Coca-Cola Classic (500ml)**  
(Coca-Cola)



**Pepsi (500ml)**  
(PepsiCo)



**Vitagen Less Sugar (125ml)**  
(Malaysia Dairy Industries)



**Milo (240ml)**  
(Nestle)



**100Plus (325ml)**  
(F&N Foods)



**Jasmine Green Tea (500ml)**  
(Pokka)



**Chrysanthemum Tea (500ml)**  
(Yeo Hiap Seng)

PHOTOS: JOYCE FANG, AZIZ HUSSIN, ARIFFIN JAMAR

STRAITS TIMES GRAPHICS