

## Amount of sugar in different drink categories

### 1) Malt and chocolate drinks

Sugar content	- 8.0g/100ml or lower
General category	- lower in sugar

Table 1: Malted or chocolate drinks with sugar content of  $\leq 8.0\text{g}/100\text{g}$ .

No	Brand	Type of drink	Total sugar (g/100ml)
1	Bavaria	Malt drink	3.1
2	Nestle	Chocolate drink- Milo (high calcium)	6.7
3	Nestle	Chocolate drink- Milo (original)	6.9
4	Nestle	Chocolate drink- Milo (mocha)	7.1
5	Nestle	Chocolate drink- Milo (packet)	7.1
6	Vico	Malt drink	7.9
7	Bavaria	Malt drink with lemon	8.0

### 1) b) Malt and chocolate drinks

Sugar content	- over 8.0g/100ml
General category	- Avoid / drink less

Table 2: Malted or chocolate drinks with sugar content  $> 8.0\text{g}/100\text{ml}$ .

No	Brand	Type of drink	Total sugar (g/100ml)
1	Oligofructose	Chocolate drink with oligosaccharides	8.6
2	Malta	Malt drink with extra vitamins	9.0
3	Ovaltine	Malt drink	12.0
4	Power Malt	Malt drink- Extra energy	14.2

## 2) Soy milk/beverages

Sugar content - 7.0g/100ml or lower  
 General category - lower in sugar

Table 3: Soy milk or beverages with sugar content of  $\leq 7.0\text{g}/100\text{ml}$ .

No	Brand	Type of drink	Total sugar (g/100ml)
1	KK Lau	Soy bean milk- No added sugar	0.0
2	Waitrose	Soy bean milk- Unsweetened	0.1
3	Waitrose	Soy bean milk- Organic unsweetened	0.2
4	Vitasoy	Soy bean milk- No added sugar	0.5
5	Australian Own	Soy bean milk- Organic unsweetened	1.0
6	So good	Soy bean milk- Lite	2.0
7	So good	Soy bean milk- Fat free	2.0
8	So good	Soy bean milk- Essential	2.2
9	PUREHARVEST	Soy bean milk- Organic low fat	2.2
10	PUREHARVEST	Soy bean milk- Organic original	2.4
11	Waitrose	Soy bean milk- Sweetened	2.4
12	Drinho	Soy bean milk -Low sugar with calcium	2.5
13	Waitrose	Soy bean milk- Organic sweetened	2.5
14	KK Lau	Soy bean milk- Less sweet	3.0
15	SoyFresh	Soy bean milk	3.0
16	Vitasoy	Soy bean drink- Less sugar	4.0
17	Drinho	Soy bean milk- High calcium	5.5
18	So good	Soy bean milk- Chocolate bliss	5.8
19	KK Lau	Soy bean milk- Original	6.0
20	SoyFresh	Soy bean milk- Cappuccino flavour	6.0
21	Vsoy	Soy bean milk	6.0
22	SoyFresh	Soy bean milk- Malt flavour	6.1
23	SoyFresh	Soy bean milk- Strawberry flavour	6.5
24	Vitasoy	Soy bean drink- Malt	6.5
25	Vsoy	Soy bean milk- Multi-grain	6.5
26	Homesoy	Soy bean milk- Organic	6.6
27	Sunny	Soy bean drink	6.6
28	SoyFresh	Soy bean milk- Chocolate flavour	7.0
29	Vitasoy	Soy bean drink	7.0

## 2) Soy milk/beverages

Sugar content - over 7.0g/100ml  
 General category - Avoid / drink less

Table 4: Soy milk or beverages with sugar content > 7.0g/100ml (drink less/avoid).

No	Brand	Type of drink	Total sugar (g/100ml)
1	Yeos	Soy bean drink- Black bean	7.1
2	Drinho	Soy bean milk- Less sweet	7.2
3	Homesoy	Soy bean milk	7.4
4	Vitasoy	Soy bean drink- Black soy drink	7.6
5	Delite	Soy bean milk	7.8
6	Yeos	Soy bean milk	7.8
7	Homesoy	Soy bean milk- Brown sugar	7.9
8	Lactosoy	Soy bean drink- Chocolate flavour	8.0
9	Marigold	Soy bean drink	8.0
10	Drinho	Soy bean drink (330ml) (can)	8.1
11	Soy Master	Soy bean milk	8.4
12	Yeos	Soy bean milk- SoyRich (300ml)	8.4
13	F&N season	Soy bean milk	8.6
14	Vitasoy	Soy bean drink- Chocolate flavour	8.8
15	Yeos	Soy bean milk with Corn flavour	8.9
16	Ice cool	Soy bean milk	9.0
17	Soyfresh	Soy bean milk- Hershey mocha flavour	9.0
18	Vitasoy	Soy bean drink (300ml) (glass bottle)	9.3
19	Lactosoy	Soy bean drink	9.6
20	Soyfresh	Soy bean milk- Hershey chocolate flavour	9.7
21	Vitamilk	Soy bean milk (300ml) (glass bottle)	10.0

### 3) Fruit and vegetable juices

Sugar content

- variable (minimally processed / natural product)

General category

- Healthier choice

- Considered "Healthier choice" only if:
  - a. No sugar is added to the product
  - b. Fruit juice should contain at least **60 % of real fruit juice** and vegetable juice should contain **100% real vegetable juice**.

Table 5: Fruit and vegetable juices with **no added sugar**.

No	Brand	Type of drink	Total sugar (g/100ml)
1	DIMES	NO ADDED SUGAR- Tomato	4.2
2	Ligo	NO ADDED SUGAR- Tomato juice	6.0
3	Just juice	NO ADDED SUGAR- Orange (Malaysia)	8.0
4	Just juice	NO ADDED SUGAR- Orange (Australia)	8.0
5	Marigold	NO ADDED SUGAR- Carrot mixed fruit	8.1
6	Just juice	NO ADDED SUGAR- Orange mango	8.1
7	Marigold	NO ADDED SUGAR- Orange	8.8
8	Just juice	NO ADDED SUGAR- Fruit punch	9.3
9	Just juice	NO ADDED SUGAR- Paradise punch	9.3
10	Just juice	NO ADDED SUGAR- Apple (Malaysia)	9.9
11	Chabaa	NO ADDED SUGAR- Orange tangerine	10.0
12	Just juice	NO ADDED SUGAR- Apple (Australia)	10.1
13	Just juice	NO ADDED SUGAR- Apple blackcurrant	10.1
14	Marigold	NO ADDED SUGAR- Tropical fruits	10.3
15	Marigold	NO ADDED SUGAR- Apple	10.4
16	DIMES	NO ADDED SUGAR- Apple	10.5
17	Caesar	NO ADDED SUGAR- Orange	10.7
18	SUNFRESH	NO ADDED SUGAR- Mixed fruit	10.8
19	SUNFRESH	NO ADDED SUGAR- Pineapple	10.8
20	DIMES	NO ADDED SUGAR- Orange	10.9
21	Ceres	NO ADDED SUGAR- Berry	11.0
22	Ceres	NO ADDED SUGAR- Orange	11.0
23	Marigold	NO ADDED SUGAR- Pear mixed berries	11.0

24	Chabaa	NO ADDED SUGAR- Peach & mango juice	11.0
25	SUNFRESH	NO ADDED SUGAR- Grape	11.2
26	SW	NO ADDED SUGAR- Pineapple juice	11.4
27	Ceres	NO ADDED SUGAR- Apricot	11.5
28	Ligo	NO ADDED SUGAR- Mango	11.5
29	Ligo	NO ADDED SUGAR- Orange	11.5
30	UNIKAI	NO ADDED SUGAR- Orange	11.5
31	SUNFRESH	NO ADDED SUGAR- Apple	11.8
32	Caesar	NO ADDED SUGAR- Apple juice	12.0
33	Caesar	NO ADDED SUGAR- Apple	12.0
34	Ceres	NO ADDED SUGAR- Guava	12.0
35	Ceres	NO ADDED SUGAR- Lychee	12.0
36	Ceres	NO ADDED SUGAR- Passion fruit	12.0
37	Ceres	NO ADDED SUGAR- Pineapple	12.0
38	Ceres	NO ADDED SUGAR- Whisper of summer	12.0
39	Caesar	NO ADDED SUGAR- Green apple	12.0
40	Ice cool	NO ADDED SUGAR- Pineapple juice	12.2
41	Cyprina	NO ADDED SUGAR- Grapefruit juice	12.3
42	Fontana	NO ADDED SUGAR- Pineapple	12.3
43	Ligo	NO ADDED SUGAR- Pineapple	12.3
44	UNIKAI	NO ADDED SUGAR- Apple	12.5
45	Dale	NO ADDED SUGAR- Pineapple juice in tin	12.5
46	Ceres	NO ADDED SUGAR- Secret of the valley	12.5
47	Cyprina	NO ADDED SUGAR- Orange	12.6
48	Fontana	NO ADDED SUGAR- Orange	12.6
49	Cyprina	NO ADDED SUGAR- Mixed fruit juice	12.8
50	Ceres	NO ADDED SUGAR- Cranberry and kiwi	13.0
51	Caesar	NO ADDED SUGAR- Pineapple	13.0
52	Ceres	NO ADDED SUGAR- Ruby grapefruit	13.0
53	Fontana	NO ADDED SUGAR- Apple	13.2
54	DIMES	NO ADDED SUGAR- Pineapple	13.3
55	Ceres	NO ADDED SUGAR- Red grape	14.0
56	Ceres	NO ADDED SUGAR- White grape	14.0
57	Dale	NO ADDED SUGAR- Pineapple juice	14.2

58	Caesar	NO ADDED SUGAR- Grape	14.5
59	Caesar	NO ADDED SUGAR- Red grape juice	14.5
60	UNIKAI	NO ADDED SUGAR- Mango	15.0

### 3)b) Fruit and vegetable juices

- Sugar content - variable and sugar is added on top  
 General category - Avoid / drink less
- additionally real fruit juice content is less than **60 %** for fruit juices and less than **100%** for vegetable juice

Table 6: Fruit and vegetable juices with **added sugar** (not healthy choice)

No	Brand	Type of drink	Total sugar (g/100ml)
1	MAZA	Juice- Tropical fruit	8.4
2	Country choice	Juice- Mango	8.4
3	Ve good	Juice- Orange and mango	8.8
4	Country choice	Juice- Guava	8.8
5	Ve good	Juice- Vegetable and fruit	9.6
6	Pokka	Juice- Carrot	9.8
7	Ve good	Juice- Carrot and fruit	9.9
8	MAZA	Juice- Orange	10.0
9	Ve good	Juice- Purple carrot and blackcurrant	10.0
10	Ve good	Juice- Purple carrot and fruit	10.0
11	Country choice	Juice- Orange	10.4
12	Ve good	Juice- Purple carrot and cranberry	10.4
13	MAZA	Juice- Guava	10.8
14	MAZA	Juice- Mango	10.8
15	Popular	Juice- Pineapple	11.0
16	Country choice	Juice- Apple	11.2
17	Caesar	Juice- Orange and carrot	12.0
18	Popular	Juice- Grape	12.0
19	Cyprina	Juice- Guava	12.6
20	Fontana	Juice- Mixed vegetable	12.8
21	Caesar	Juice- Mango	14.5
22	Caesar	Juice- Mango	14.5
23	UNIKAI	Juice- Cocktail nectar	15.0

## 4) Sweetened Beverages

Divided into 4:

- 1) carbonated drinks,
- 2) non-carbonated/Asian drinks. Asian drinks include sugar cane drinks, tamarind drinks and coconut drinks.
- 3) isotonic drinks
- 4) juice drinks (at least 10 % of fruit juice).

### 4.1) Carbonated drinks

Sugar content  
General category

- 6.0g/100ml or lower
- lower in sugar

Table 7: Carbonated drinks with sugar content of  $\leq 6.0\text{g}/100\text{ml}$ .

No	Brand	Type of drink	Total sugar (g/100ml)
1	Coca cola	Carbonated drink- Coke light	0.0
2	Coca cola	Carbonated drink- Coke zero	0.0
3	Pepsi	Carbonated drink- Pepsi light	0.0
4	Schweppes	Carbonated drink- Soda water	0.0
5	Saxbys	Carbonated drink- Ginger beer diet	0.0
6	Waitrose	Carbonated drink- Ginger ale diet	0.0
7	Waitrose	Carbonated drink- Indian tonic water sugar free	0.0
8	Waitrose	Carbonated drink- Indian tonic water with lemon sugar free	0.0
9	Waitrose	Carbonated drink- Bitter lemon sugar free	0.0
10	Waitrose	Carbonated drink- Cola diet	0.0
11	BARR	Carbonated drink- Lemonade	2.7
12	BARR	Carbonated drink- Limeade	3.9

## 4.1) b) Carbonated drinks

Sugar content	- above 6.0g/100ml
General category	- avoid or drink less

Table 8: Carbonated drinks with sugar content of > 6.0g/100ml.

No	Brand	Type of drink	Total sugar (g/100ml)
1	BARR	Carbonated drink- Cream soda	6.1
2	Ben Shaws	Carbonated drink- Lemonade	6.3
3	Cheers	Carbonated drink- King cola	8.0
4	Cheers	Carbonated drink- Orange	8.0
5	Cheers	Carbonated drink- Ice cream soda	8.0
6	Wild Cow	Energy drink	8.0
7	BRITVIC	Carbonated drink- Bitter lemon	8.2
8	Waitrose	Carbonated drink- Ginger ale	8.5
9	Schweppes	Carbonated drink- Tonic water	8.9
10	Cheers	Carbonated drink- Sarsi	9.0
11	Cheers	Carbonated drink- Strawberry	9.0
12	Waitrose	Carbonated drink- Indian tonic water	9.0
13	Schweppes	Carbonated drink- Dry ginger ale	9.1
14	BRITVIC	Carbonated drink- Ginger ale	9.1
15	Bickford	Carbonated drink- Ginger beer	9.2
16	Qoo/Minute maid	Carbonated drink- Apple	9.8
17	Bickford	Carbonated drink- Sarsaparilla	10.0
18	Waitrose	Carbonated drink- Cola	10.2
19	Coca cola	Carbonated drink- Coke	10.6
20	Bundaberg	Carbonated drink- Ginger beer	10.8
21	Fanta	Carbonated drink- Orange	10.8
22	F&N season	Carbonated drink- Apple	11.0
23	Mirinda	Carbonated drink- Green apple	11.0
24	Mirinda	Carbonated drink- Orange	11.0
25	Sky Blue	Carbonated drink- Orange	11.0
26	Pepsi	Carbonated drink- Pepsi	11.0
27	Pepsi	Carbonated drink- Pepsi twist	11.0



28	Sky Blue	Carbonated drink- Sarsaparilla	11.0
29	Mirinda	Carbonated drink- Strawberry	11.0
30	Ben Shaws	Carbonated drink- Cream soda	11.0
31	F&N season	Carbonated drink- Grape	11.1
32	Bundaberg	Carbonated drink- Creaming soda	11.1
33	F&N season	Carbonated drink- Flashy fruitade	11.1
34	F&N season	Carbonated drink- Ginger Ade	11.1
35	F&N season	Carbonated drink- Strawberry	11.1
36	F&N season	Carbonated drink- Ice cream soda	11.2
37	Qoo/Minute maid	Carbonated drink- White grape	11.2
38	Mug	Carbonated drink- Root beer	11.3
39	7 up	Carbonated drink- 7up	11.3
40	Fanta	Carbonated drink- Grape	11.3
41	Sprite	Carbonated drink- Lemon lime	11.3
42	F&N season	Carbonated drink- Sarsi	11.3
43	F&N season	Carbonated drink- Sarsi	11.3
44	Bundaberg	Carbonated drink- Peach flavour	11.5
45	Schweppes	Carbonated drink- Ginger beer	11.8
46	Bundaberg	Carbonated drink- Lemon lime & bitter	11.8
47	Fanta	Carbonated drink- Strawberry	11.8
48	Sky Blue	Carbonated drink- Cherry	12.0
49	POLY	Carbonated drink- Cola	12.0
50	Sky Blue	Carbonated drink- Lemon	12.0
51	Sky Blue	Carbonated drink- Pineapple	12.0
52	TEBS	Carbonated drink- Tea	12.0
53	Schweppes	Carbonated drink- Bitter lemon	12.1
54	Saxbys	Carbonated drink- Ginger beer	12.3
55	Mountain Dew	Carbonated drink- Grape citrus	12.4
56	Mountain Dew	Carbonated drink- Orange flavour	12.4
57	A&W	Carbonated drink- Root Beer	12.4
58	Pesta	Carbonated drink- Grape	12.5
59	Pesta	Carbonated drink- Orange	12.5
60	Mountain Dew	Carbonated drink- Original	12.5

61	Pesta	Carbonated drink- Strawberry	12.5
62	Pesta	Carbonated drink- Cola	12.6
63	Pesta	Carbonated drink- Root beer	12.6
64	Pesta	Carbonated drink- Sarsi	12.6
65	Kickapoo	Carbonated drink- Joy juice citrus flavour	12.8
66	Mirinda	Carbonated drink- Green fruits	14.0

66	Lucozade	Energy drink- Original	8.7
67	Gasaco	Energy drink- Red lion	12.0
68	Red bull	Energy drink- Less sugar	12.2
69	Lucozade	Energy drink- Orange	12.5
70	DRIVE M7	Energy drink	14.0
71	M-150	Energy drink	15.2
72	Red bull	Energy drink - Original	16.4
73	Carabao	Energy drink	17.2
74	Hemaviton	Energy drink with ginseng	17.9

75	MAY	Sparkling Juice drink- Fruit cocktail	9.6
76	Ribena	Sparkling Juice drink- Blackcurrant	9.7
77	MAY	Sparkling Juice drink- Apple	10.4
78	ESPriT	Sparkling Juice drink- Raspberry	10.8
79	ESPriT	Sparkling Juice drink- Blueberry	11.0
80	ESPriT	Sparkling Juice drink- Lemon lime	11.2
81	ESPriT	Sparkling Juice drink- Orange	11.4
82	ESPriT	Sparkling Juice drink- Passion fruit	11.4
83	Linkz	Sparkling Juice drink- Green apple	13.1
84	MAY	Sparkling Juice drink- White grape	13.3
85	Linkz	Sparkling Juice drink- White grape	14.1
86	MAY	Sparkling Juice drink- Pomegranate	14.6
87	MAY	Sparkling Juice drink- Red grape	14.6

## 4.2) Non-carbonated drinks/ Asian drinks\*

\*Includes Asian drinks, coffees, teas and 'vitamin waters'.

Sugar content - 6.0g/100ml or lower

General category - lower in sugar

Table 9: Non-carbonated drinks and Asian drinks with sugar content of  $\leq 6.0\text{g}/100\text{ml}$ .

No	Brand	Type of drink	Total sugar (g/100ml)
1	UFC	Asian drink- Coconut juice with pulp	3.5
2	Taste Nirvana	Asian drink- Coconut water/pulp	4.0
3	Chaokoh	Asian drink- Coconut juice with jelly	5.4
4	Boissan	Asian drink- Coconut water	5.5

5	Mr brown	Coffee- Caramel macchiato	5.0
6	Nescafe	Coffee- Iced coffee	5.3
7	Mr brown	Coffee- Iced coffee	5.5
8	Mr brown	Coffee- French vanilla	5.5
9	Mr brown	Coffee- Arabica	5.5
10	Mr brown	Coffee- Blue mountain blend	5.5
11	Nescafe	Coffee- Original	5.7

12	Heaven&earth	Tea- Green Tea NO ADDED SUGAR	0.0
13	Pokka	Tea- Oolong Tea NO ADDED SUGAR	0.0
14	O3	Tea- Green Tea jasmine	2.8
15	Vita	Tea- Green tea	4.9
16	Pokka	Tea- Osmanthus white tea	5.1
17	Yeos	Tea- Green Tea (Less sugar)	5.3
18	Heaven&earth	Tea- Green tea with honey camomile	5.4
19	Heaven&earth	Tea- Green tea	5.5
20	Pokka	Tea- Chrysanthemum white tea	5.6
21	O3	Tea- Lemon tea	5.7
22	Drinho	Tea- Green tea	5.8
23	Drinho	Tea- Green tea	5.8
24	Pokka	Tea- Red tea	5.8
25	Pokka	Tea- Green tea	6.0

26	Pokka	Tea- Green tea jasmine	6.0
27	Sunny	Tea- Green tea	6.0

28	Blueice	Vitamin water- Lemon	4.2
29	Glacéau	Vitamin water- Dragonfruit	4.3
30	Glacéau	Vitamin water- Fruit punch	4.3
31	Glacéau	Vitamin water- Lemonade	4.3
32	Glacéau	Vitamin water- Orange flavour	4.3
33	Glacéau	Vitamin water- Topical citrus	4.3

#### 4.2) b) Non-carbonated drinks/ Asian drinks

Sugar content - over 6.0g/100ml  
 General category - Avoid / Drink less

Table 11: List Non-carbonated drinks and Asian drinks with sugar content of > 6.0g/100ml.

No	Brand	Type of drink	Total sugar (g/100ml)
1	Chaokoh	Asian drink- Coconut juice with pulp	6.6
2	V fresh	Asian drink- Aloe vera with pulp	6.6
3	Ice cool	Asian drink- Coconut stripes exotic juice	7.0
4	Yeos	Asian drink- Winter melon drink	7.0
5	SKY	Asian drink- Roasted coconut juice with pulp	7.5
6	OK2	Asian drink- Coconut water with pulp	7.5
7	Tasco	Asian drink- Coconut juice with pulp	7.6
8	F&N season	Asian drink- Winter melon drink	7.8
9	F&N season	Asian drink- Grass Jelly drink	8.1
10	Yeos	Asian drink- Sugar cane drink	8.3
11	T.A.S	Asian drink- Coconut juice with pulp	8.4
12	Yeos	Asian drink- Rose/ bandung	8.6
13	V fresh	Asian drink- Basil seed with honey	8.6
14	Yeos	Asian drink- Grass Jelly drink	8.8
15	V fresh	Asian drink- Bandung with basil seed	9.0
16	Ice cool	Asian drink- Coconut juice with pulp	9.0
17	Pokka	Asian drink- Honey lemon	9.0

18	JDB	Asian drink- Herbal drink (JiaDuoBao)	9.2
19	TAISUN	Asian drink- Aloe vera	9.2
20	Drinho	Asian drink- Winter melon drink	9.5
21	Marigold	Asian drink- Lemon barley	9.5
22	V fresh	Asian drink- Aloe vera with honey	9.7
23	Rex	Asian drink- Tamarind drink	10.0
24	American Garden	Asian drink- Coconut juice with pulp	10.3
25	Sunny	Asian drink- Rose/ bandung	10.5
26	F&N season	Asian drink- Water chestnut	11.0
27	Ice cool	Asian drink- Bird nest drink	11.0
28	Power Root	Asian drink- Kacip fatimah and honey dates	11.0
29	Power Root	Asian drink- Tongkat ali with honey dates	11.2
30	V fresh	Asian drink- Coconut Juice with pulp	11.4
31	Ice cool	Asian drink- Grass Jelly drink	12.0
32	Power Root	Asian drink- Tongkat ali with ginseng	12.1
33	Fruit10	Asian drink- Calamansi with Aloe Vera	12.5
34	Power Root	Asian drink- Tongkat ali Extra with ginseng	13.7
35	T.A.S	Asian drink- Tamarind drink	15.5

36	Nescafe	Coffee- Latte	6.3
37	Pokka	Coffee- Cappuccino	6.3
38	Taste Nirvana	Coffee- Thai coffee latte	6.4
39	Nescafe	Coffee- Mocha	6.5
40	Pokka	Coffee- Milk coffee GOLD	6.7
41	Mr brown	Coffee- Black coffee	6.8
42	Nescafe	Coffee- Ipoh white coffee	6.8
43	OKF	Coffee- Caffè Latte	7.1
44	Pokka	Coffee- Milk coffee	7.1
45	Taste Nirvana	Coffee- Cappucino	7.5
46	Mr brown	Coffee- Macadamia nut	7.5
47	Pokka	Coffee- Milk coffee premium	7.5
48	iCafe	Coffee- Latte low fat	7.7
49	iCafe	Coffee- Mocha low fat	7.8

50	UFC	Coffee- Iced coffee	7.8
51	OKF	Coffee- Caffe mocha	7.9
52	Taste Nirvana	Coffee- Mocha	8.2
53	UFC	Coffee- Latte	8.3
54	Power Root	Coffee- Coffee with kacip fatimah	8.6
55	UFC	Coffee- Mocha	8.9
56	Power Root	Coffee- Coffee with tongkat ali	9.0
57	Power Root	Coffee- Coffee with ginseng	10.2
58	UFC	Coffee- Black coffee	10.2
59	Starbuck	Coffee- Frappuccino mocha	11.0
60	Starbuck	Coffee- Frappuccino vanilla	11.0
61	Starbuck	Coffee- Frappuccino caramel	11.4
62	Starbuck	Coffee- Frappuccino coffee	11.4

63	Pokka	Tea- Green tea with honey	6.1
64	F&N season	Tea- Chrysanthemum drink- Less sweet	6.3
65	Drinho	Tea- Chrysanthemum drink	6.5
66	Pokka	Tea- Blueberry tea 500ml	6.8
67	Pokka	Tea- Earl grey milk tea	6.8
68	Yeos	Tea- Chrysanthemum drink	7.0
69	Assam	Tea- Hazelnut milk tea	7.0
70	Arizona	Tea- Green tea with ginseng and honey	7.1
71	Taste Nirvana	Tea- Thai tea latte	7.1
72	Assam	Tea- Black tea	7.3
73	Arizona	Tea- Green tea with pomegranate	7.5
74	Arizona	Tea- White tea blueberry	7.5
75	Futami	Tea- Green tea	7.5
76	PucukHarum	Tea- Tea pucuk harum	7.5
77	Drinho	Tea- Chrysanthemum	7.5
78	Pokka	Tea- Premium milk tea	7.6
79	Pokka	Tea- Blueberry tea 1.5L	7.8
80	Futami	Tea- Green tea with honey	7.9
81	Pokka	Tea- Strawberry milk tea	7.9
82	Assam	Tea- Apple milk tea	8.0

83	Assam	Tea- Green milk tea	8.0
84	Assam	Tea- Milk tea	8.0
85	Assam	Tea- Strawberry milk tea	8.0
86	Assam	Tea- Vanilla milk tea	8.0
87	Marigold	Tea- Chrysanthemum drink	8.1
88	Sosro	Tea- Teh botol	8.4
89	TAISUN	Tea- Lemon tea	8.8
90	Taste Nirvana	Tea- Green tea latte	8.9
91	V fresh	Tea- Thai tea	9.0
92	Pokka	Tea- Passion fruit tea	9.0
93	Ice cool	Tea- Chrysanthemum Tea	9.0
94	Arizona	Tea- Iced tea raspberry flavour	9.2
95	Drinho	Tea- Lemon tea	9.3
96	guru	Tea- Lemon tea	9.3
97	Pokka	Tea- Strawberry tea	9.5
98	Pokka	Tea- Lemon tea	9.7
99	Assam	Tea- Lemon tea	9.8
100	Pokka	Tea- Lychee tea	9.8
101	Sosro	Tea- Strawberry fruit tea	9.8
102	Marigold	Tea- Lemon tea	9.9
103	Arizona	Tea- Iced tea lemon flavour	10.0
104	Arizona	Tea- Iced tea peach flavour	10.0
105	GreenHome	Tea- Lemon tea	10.0
106	Vita	Tea- Lemon tea	10.2
107	F&N	Tea- Pineapple fruit tea	10.3
108	Futami	Tea- Green tea lychee flavour	10.4
109	F&N	Tea- Orange aloe fruit tea	10.5
110	guru	Tea- Honeydew melon tea	10.5
111	Heaven&earth	Tea- Apple tea	10.6
112	Sosro	Tea- Freeze fruit tea	10.6
113	guru	Tea- Blueberry oolong	10.6
114	Heaven&earth	Tea- Lemon tea	10.7
115	V fresh	Tea- Lemon tea with basil seed	12.8
116	Heaven&earth	Tea- Passion fruit tea	10.7

117	Taste Nirvana	Tea- Malaysian style tea tarik	10.7
118	Yeos	Tea- Lemon tea	10.9
119	Sosro	Tea- Blackcurrant fruit tea	11.2
120	Sosro	Tea- Guava fruit tea	11.2
121	F&N season	Tea- Lemon tea	11.4

122	YOU C1000	Vitamin water- Lemon 140ml	6.6
123	YOU C1000	Vitamin water- Lemon	7.4
124	YOU C1000	Vitamin water- Orange	8.0



### 4.3) Isotonic drinks

Sugar content - 6.0g/100ml or lower  
 General category - lower in sugar

Table 12: Isotonic drinks with sugar content of  $\leq 6.0\text{g}/100\text{ml}$ .

No	Brand	Type of drink	Total sugar (g/100ml)
1	Mizone	Isotonic drink- Mango flavour	4.8
2	Mizone	Isotonic drink- Lychee flavour	5.0
3	Aquarius	Isotonic drink	5.7
4	Aquarius	Isotonic drink- Lemon flavour	5.7
5	Sportade	Isotonic drink- Strawberry	5.8
6	Gatorade	Isotonic drink- Grape flavour	6.0
7	Gatorade	Isotonic drink- Lemon lime flavour	6.0
8	Gatorade	Isotonic drink- Orange flavour	6.0
9	Sportade	Isotonic drink- Lemon	6.0

Table 13: Isotonic drinks with sugar content of  $> 6.0\text{g}/100\text{ml}$ .

No	Brand	Type of drink	Total sugar (g/100ml)
1	Pocari Sweat	Isotonic drink	6.1
2	Sportade	Isotonic drink- Orange	6.3
3	ISOMAX	Isotonic drink	6.4
4	Sportade	Isotonic drink- Blueberry	6.4
5	100 plus	Isotonic drink- AQTIV small bottle	6.6
6	100 plus	Isotonic drink- Lemon flavour	6.6
7	100 plus	Isotonic drink- Orange flavour	6.6
8	100 plus	Isotonic drink- Original	6.6
9	Sportade	Isotonic drink- Purple grape	6.6
10	Sportade	Isotonic drink- Frosty	6.8
11	Revive 7up	Isotonic drink	6.9
12	Pesta	Isotonic drink	12.5

#### 4.4) Juice drink

Sugar content - 6.0g/100ml or lower  
 Additionally with at least 10% of fruit juice

General category - lower in sugar

Table 14: Juice drinks with sugar content  $\leq 6.0\text{g}/100\text{ml}$ .

No	Brand	Type of drink	Total sugar (g/100ml)
1	Delite	Juice drink- Apple	4.9
2	Sundrop	Juice drink- Lime	5.0
3	Sundrop	Juice drink- Orange	5.0

#### 4.4) b) Juice drink

Sugar content - over 6.0g/100ml

General category - Avoid / drink less

Table 15: Juice drinks with sugar content  $> 6.0\text{g}/100\text{g}$ .

No	Brand	Type of drink	Total sugar (g/100ml)
1	Fruity Flavorits	Juice drink- Orange & mango	6.5
2	Fruity Flavorits	Juice drink- Peach & strawberry	6.5
3	Fruity Flavorits	Juice drink- Apple & blackcurrant	6.7
4	Oishi	Juice drink- Lemon with extra vit C	7.5
5	Oishi	Juice drink- Orange with extra vit C	7.5
6	Oishi	Juice drink- Peach with extra fibre	7.5
7	Oishi	Juice drink- Pomelo grapefruit with extra vit C	7.5
8	Delite	Juice drink- Lychee flavour	7.6
9	Sunkist	Juice drink- Orange	7.8
10	Sunkist	Juice drink- Fresh apple	8.2
11	Oishi	Juice drink- Apple with extra fibre	8.3
12	Oishi	Juice drink- Grape with extra fibre	8.3
13	SisiBash	Juice drink- Soursop	8.4
14	Sunkist	Juice drink- Fresh orange	8.5
15	Delite	Juice drink- Black currant	8.7
16	Marigold	Juice drink- Lychee	9.1

17	Marigold	Juice drink- Lychee	9.1
18	Marigold	Juice drink- Fresh apple with aloe vera	9.1
19	Marigold	Juice drink- Mango	9.2
20	Marigold	Juice drink- Fresh carrot	9.2
21	Minute maid	Juice drink- Orange	9.3
22	Marigold	Juice drink- Apple	9.4
23	SisiBash	Juice drink- Passion fruit	9.4
24	SisiBash	Juice drink- Lychee	9.4
25	SisiBash	Juice drink- Mango	9.4
26	Minute maid	Juice drink- Tropical fruits	9.7
27	Fruit10	Juice drink- Mango	9.8
28	Marigold	Juice drink- Orange	9.8
29	Juz Pplus	Juice drink- Kiwi	10.0
30	Delite	Juice drink- Guava flavour	10.0
31	Fruit10	Juice drink- Pomegrate with Aloe Vera	10.0
32	F&N	Juice drink- Fresh black currant with aloevera	10.0
33	Chabaa	Juice drink- Lychee	10.0
34	Delite	Juice drink- Grape flavour	10.2
35	Delite	Juice drink- Mixed fruit	10.2
36	F&N	Juice drink- Fresh apple with aloe vera	10.2
37	Capri-Sonne	Juice drink- Alaska ice tea	10.5
38	Juz Pplus	Juice drink- Kiwi orange	10.5
39	Marigold	Juice drink- Grape	10.5
40	Yeos	Juice drink- Lychee	10.6
41	F&N	Juice drink- Fresh soursop	10.6
42	Delite	Juice drink- Cranberry and apple	10.7
43	Drinho	Juice drink- Lychee	10.7
44	Drinho	Juice drink- Mango	10.7
45	Drinho	Juice drink- Orange	10.7
46	Pokka	Juice drink- Mixed berries & carrot	10.7
47	Minute maid	Juice drink- Mango	11.0
48	OKK	Juice drink- Mango	11.0
49	Pokka	Juice drink- Soursop drink	11.0
50	Delite	Juice drink- Mango	11.0
51	Fruit10	Juice drink- Orange	11.0

52	Ribena	Juice drink- Blackcurrant	11.0
53	Marigold	Juice drink- Fresh pink guava	11.0
54	Tropicana	Juice drink- Orange	11.0
55	Rex	Juice drink- Orange	11.0
56	BRITVIC	Juice drink- Pineapple	11.0
57	Tropicana	Juice drink- Apple	11.1
58	Marigold	Juice drink- Mixed peach & lemon	11.3
59	Fruit10	Juice drink- Apple drink with Aloe Vera	11.5
60	SW	Juice drink- Four season	11.7
61	Pokka	Juice drink- Guava	12.0
62	Pokka	Juice drink- Guava drink	12.0
63	Pokka	Juice drink- Soursop	12.0
64	Caesar	Juice drink- Fruit cocktail	12.0
65	Caesar	Juice drink- Orange and carrot nectar	12.0
66	Zest O	Juice drink- Mango nectar	12.4
67	Capri-Sonne	Juice drink- Grape	12.5
68	Capri-Sonne	Juice drink- Strawberry	12.5
69	Marigold	Juice drink- Fresh orange	12.6
70	Capri-Sonne	Juice drink- Orange	13.0
71	Caesar	Juice drink- Peach	13.0
72	Marigold	Juice drink- Fresh tropical mango	13.2
73	SW	Juice drink- Pineapple crush	13.5
74	Gina	Juice drink- Mango nectar	13.8
75	Fruit Juice	Juice drink- Mango nectar	14.0
76	Foco	Juice drink- Mango	14.0
77	Caesar	Juice drink- Pink guava	14.0
78	Dale	Juice drink- Four season	14.2
79	Waitrose	Juice drink- White grape juice	14.5
80	parieAgro	Juice drink- Mango	15.8
81	Waitrose	Juice drink- Red grape juice	16.5

**All information is correct at the time of printing of this document**