

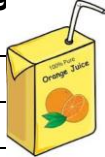






DRINKS

How Do My Family's Favourites Rate?

	Kilojoules Kjs	Sugar grams	Artificial Ingredients	COST \$\$\$ per 250ml
WATER (Sky Juice) 	None	None	NO	\$0.00
SOFT DRINKS - 1 glass (250 ml)				
Coke 	450	26.5	YES	.55 cents
Fanta	388	22.6	YES	.50 cents
Sprite	443	25.3	YES	.50 cents
Mineral Water -Sparkling - Plain	None	None	NO	.10 cents
Mineral Water -Sparkling Flavoured	84	5.0	YES	.50 cents
JUICES - 100% - 1 glass (250 ml)				
Orange 	306	16.6	NO	.90 cents
Apple	468	25.3	NO	.90 cents
ENERGY DRINKS - 250 ml can				
V Energy Drink 	488	26.5	YES	\$2.85
Mother	488	26.0	YES	\$2.25
Red Bull	480	27.5	YES	\$2.89
OTHER - 250 ml (1 glass or mug)				
Milk - 250ml	473	12.3	YES	.55 cents
Flavoured Milk	820	22.5	YES	\$1.00
Tea - white with 2 sugar	78	4.0	NO	.05 cents
Herbal Tea	10	None	NO	0.5 cents
Iced Tea	230	13.0	YES	.70 cents
Coffee - 1 rounded teaspoon of instant with no sugar added	11	None	NO	.15 cents
Coffee - Cappucinono sugar 	367	None	NO	\$3.50
Milo - heaped teaspoon	87	2.3	NO	.30 cents

To check different drinks, visit <http://www.calorieking.com.au/foods>