**Smoothie devil: Fruit drinks contain more sugar than Coca Cola**

**BY JENNY FRANCIS**

28th March 2016, 12:35 am

Hidden sugars lurking in supposedly healthy juices and smoothies, a new report reveals

A shock new report has revealed the truth about the hidden sugars lurking  
inside what we think are ‘healthy drinks.’

Fruit juices and smoothies have been found to often contain more sugar than  
demonised fizzy drinks like coca cola.

Some well-known brands of fruit smoothies contain up to 12 cubes of sugar per  
GLASS.

In the BJM Open paper, results showed a horrifying forty per cent of the  
products contained up to and over a child’s entire daily recommended sugar  
intake of 19g — that’s five teaspoons of the white stuff.

Now campaigners are calling for smoothies to be slapped with George Osborne’s  
controversial new sugar tax.

Author of the study Kawther Hashem said: “It is highly concerning that many  
parents are still buying fruit juices and juice drinks for their children  
thinking they are choosing healthy products; children should be given as  
little juice as possible.

“These juices rot children’s teeth and give children a ‘sweet tooth’ that will  
affect their general health in later life.”

To investigate the dark side of your fruit smoothie, The Sun purchased ten  
different varieties of fruit smoothie from high street supermarkets.

The Tesco Strawberry and Banana smoothie is packaged in a pretty pink carton  
adorned with illustrations of fruit to convey a ‘healthy message.’

A huge banner on the front reads ‘1 of your 5 a day’, but at the bottom of the  
pack, highlighted in red, is the ugly truth – the sugar count.

Necking just half a glass of this smoothie will see you take in 17.6g of  
sugar, that’s five cubes of sugar — a staggering 10 cubes for one single  
serving.

To compare this to 250ml of Coca Cola, a fizzy drink demonised by health  
professionals for its staggering sugar content, which contains 26.5g grams  
of sugar, just under nine cubes of sugar.

ALAMY

[2](https://www.thesun.co.uk/archives/health/1102970/smoothie-devil-fruit-drinks-contain-more-sugar-than-coca-cola/)

**— We put 10 top smoothies to the test and reveal the shocking amount of  
sugar hidden inside.**

Tesco Strawberry & Banana – 250ml is 29g of sugar – 10 cubes

Tesco Orange, Mango & Passionfruit – 250ml 24g of sugar – 8 cubes

Sainsbury’s Apple, Pear & Kale – 250ml – 8.5 cubes

Innocent Pommengrane, Blueberry & Acai – 250ml – 11 cubes

Sainsbury’s Strawberry and Banana -250ml – 27.3g – 9 cubes

M&S Mango, Pineapple & Passion fruit – 250ml, 31g, 10.5 cubes

M&S Super berry – 250ml 29g, 10 cubes

Sainsbury’s Pineapple, Banana & Coconut 250ml 29.8g 10 cubes

Naked Green Machine – 250ml 29g, 10 cubes

Innocent Super Smoothie – 250ml 32.5g, 11 cubes