Fruit juices contain more sugar than children should have in an entire DAY, report

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Four in 10 products aimed at children contain almost FIVE teaspoons of sugar

A single serving of fruit juice or a smoothie can contain more sugar than a child is supposed to have in an entire day, shocking new research has found.

Four in 10 fruit juices, smoothies and fruit drinks tested in a recent study contained the daily maximum sugar intake of 19g - that's almost FIVE teaspoons.

The report from medical journal BMJ Open urged manufacturers to stop lacing the drinks with unnecessary sugars and calories, slamming their sugar content as 'unacceptably high'.

Smoothies emerged as the worst offenders with an average sugar content of 13g/100ml - more than DOUBLE the average fruit juice content of 5.6g/100ml.

The researchers warned: “Parents should dilute fruit juice with water, opt for unsweetened juices and only give them during meals.

"Portions should be limited to 150ml a day."

Safefood earlier this month called on retailers to stop selling energy drinks to under-16s after it emerged that [some brands contain up to 16 TEASPOONS of sugar.](http://www.irishmirror.ie/news/irish-news/health-news/watchdog-calls-energy-drinks-code-7552495)