

Health Star Rating – Sugar drinks



Cola



9 spoons



ENERGY	SAT FAT	SUGARS	SODIUM
180 kJ	0 g	10.6 g	10 mg
	LOW	HIGH	LOW

PER 100ml

Health Star Rating – Sugar drinks



Diet cola



Empty spoon

0 spoons



ENERGY	SAT FAT	SUGARS	SODIUM
2 kJ	0 g	0 g	15 mg
	LOW	LOW	HIGH

PER 100ml

Health Star Rating – Sugar drinks



30% less sugar
(sold as light or life drinks)



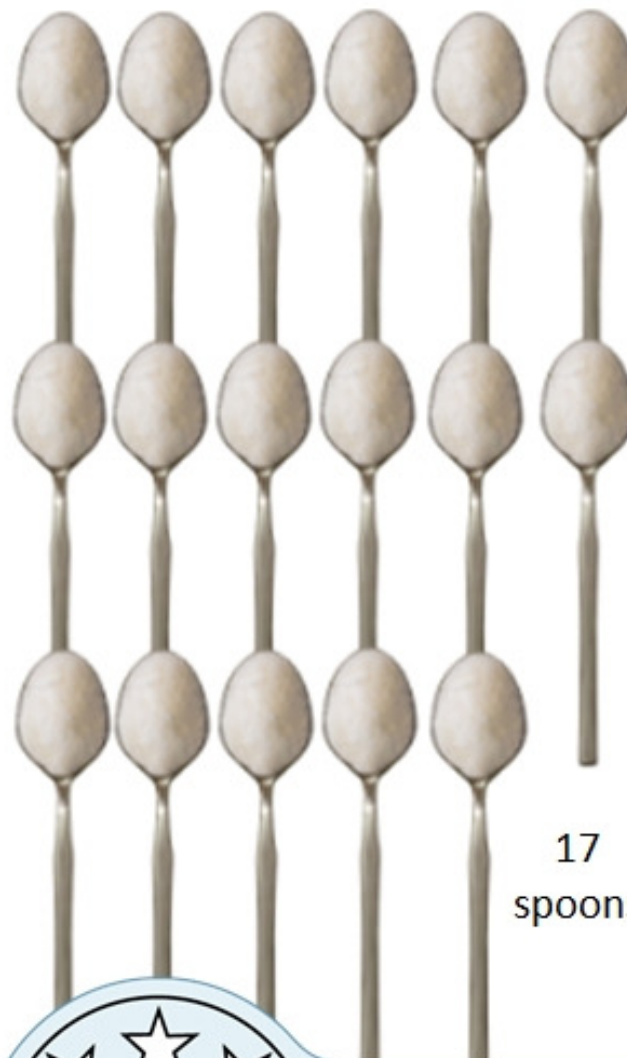
6 ½ spoons



ENERGY	SAT FAT	SUGARS	SODIUM
114 kJ	0 g	6.6 g	1 mg
	LOW	HIGH	LOW

PER 100ml

Health Star Rating – Sugar drinks



17 spoons



ENERGY	SAT FAT	SUGARS	SODIUM
192 kJ	0 g	11.2 g	12 mg
	LOW	HIGH	HIGH

PER 100ml

Health Star Rating – Sugar drinks



Empty spoon



ENERGY	SAT FAT	SUGARS	SODIUM
117 kJ	0 g	0.5 g	13 mg
	LOW	LOW	HIGH

PER 100ml

Health Star Rating – Sugar drinks



3 spoons



ENERGY	SAT FAT	SUGARS	SODIUM
117 kJ	0 g	6.7 g	11 mg
	LOW	HIGH	HIGH

PER 100ml

Health Star Rating – Sugar drinks



8 spoons



ENERGY	SAT FAT	SUGARS	SODIUM
151 kJ	0 g	9 g	85 mg
	LOW	HIGH	HIGH

PER 100ml

Health Star Rating – Sugar drinks



11 spoons



ENERGY	SAT FAT	SUGARS	SODIUM
130 kJ	1 g	6 g	30 mg
	HIGH	HIGH	HIGH

PER 100ml



All plain water is a healthy choice

Empty spoon



Doesn't have a star rating



Problem: It has a 5 star rating but is a fast sugar drink. Best to just eat the fruit.



7 1/2 spoons



ENERGY	SAT FAT	SUGARS	SODIUM
192 kJ	189 g	10 g	8 mg
	LOW	HIGH	HIGH

PER 100ml

Health Star Rating – Sugar drinks



Coconut water



1 ½ spoons



Doesn't have a star rating.
It is a fresh food

Health Star Rating – Sugar drinks



Strawberry flavoured milk



7 spoons



ENERGY	SAT FAT	SUGARS	SODIUM
367 kJ	32.6g	9.1 g	32 mg
	HIGH	HIGH	LOW

PER 100ml

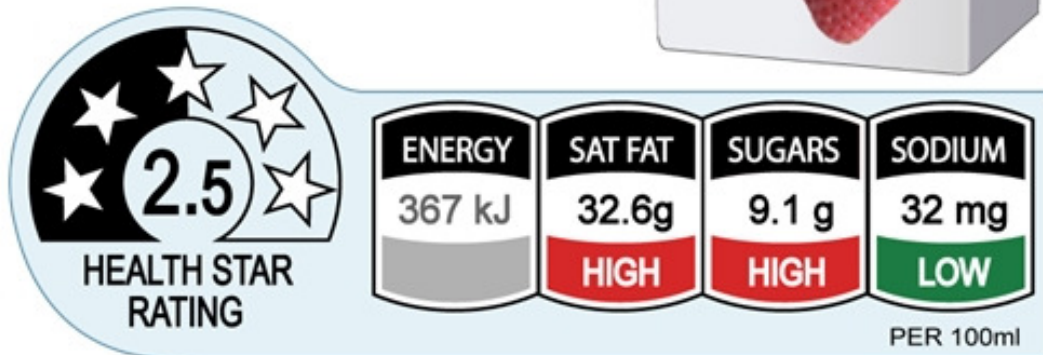


Health Star Rating – Sugar drinks

Strawberry flavoured milk



14
spoons

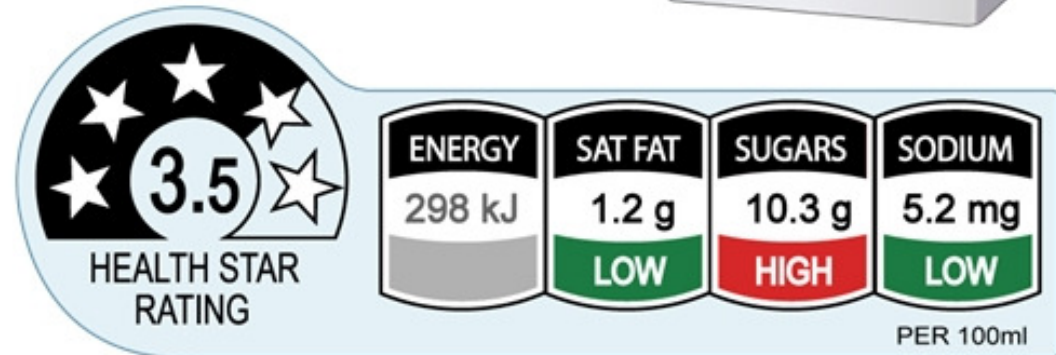


Health Star Rating – Sugar drinks

Chocolate flavoured milk



13 spoons



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The CDRO endeavours to provide resources which are accurate and appropriate, however you must at all times use your own professional judgement when using this resource

Purpose of resource:

To provide information about the amount of sugar in beverages and the energy content in different alcoholic beverages.

Target group:

This resource is designed to be used by Pacific Islanders of all ages.

Notes:

The cards are based on the Australian Health Star Rating which has been adapted by using the traffic light colours. Examples have been chosen which illustrate the rating the food would normally get. Brand names have not been used as the resource does not refer to any specific brand.

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