



Hot Drinks Survey 2016 vs 2019 - All Data

Data table sorted by highest sugars per portion (2019)

Product information was collected online, in-store or direct from manufacturers.

nutrition labelling criteria

Sugars - Red >13.5g/portion or >11.25g/100ml, Amber >2.5≤11.25/100ml, Green ≤2.25g/100ml

Cafe	Drink	Milk Used	2016 Energy (kcal) per serving	2019 Energy (kcal) per serving	2016 Sugars per serving (g)	2019 Sugar per serving (g)
Starbucks	White Chocolate Mocha with Whipped Cream Venti	Whole milk	573	551	73.8	62.4
Starbucks	Signature Hot Chocolate Venti	Whole milk	665	605	60.0	60.8
Starbucks	Chai Tea Latte Venti	Whole milk	297	355	52.0	54.5
Starbucks	White Chocolate Mocha with Whipped Cream Grande	Whole milk	471	440	59.1	49.2
Costa Coffee	Hot Chocolate Massimo - Eat Out	Whole milk	476	501	54.0	45.6
Starbucks	Signature Hot Chocolate Grande	Whole milk	537	457	47.4	43.7
Costa Coffee	Hot Chocolate Massimo - Eat In	Whole milk	464	467	53.1	42.5
Starbucks	Chai Tea Latte Grande	Skimmed Milk	236	268	41.5	42.2
Greggs	Mocha Large	Not stated	291	296	45.0	42.0
Greggs	Hot Chocolate Large	Not stated	224	281	33.0	42.0
Caffe Nero	Caramelatte - Drink In	Semi-skimmed	485	420	50.6	39.9
Costa Coffee	Chai Latte Massimo - Eat In	Whole milk	667	348	79.7	39.0
Starbucks	White Chocolate Mocha with Whipped Cream Tall	Whole milk	323	347	44.4	37.6
Starbucks	Caramel Macchiato Venti	Whole milk	329	335	42.1	37.4
Starbucks	Classic Hot Chocolate Venti	Whole milk	398	397	41.8	35.9
Pret a Manger	Hot Chocolate	Semi skimmed/skimmed	232	256	30.3	35.5
Caffe Nero	Hot Chocolate with Whipped Cream - Drink In	Semi-skimmed	388	569	41.0	35.1
Eat	Hot Chocolate Small	Whole milk	298	317	24.6	35.0
Costa Coffee	Hot Chocolate Medio - Eat Out	Whole milk	319	372	34.8	33.1
Starbucks	Chai Tea Latte Tall	Whole milk	179	208	31.3	32.3
Starbucks	Mocha with Whipped Cream Venti	Whole milk	417	359	43.2	32.2
Costa Coffee	Chai Latte Medio - Eat In	Whole milk	422	302	49.3	32.0
Starbucks	Signature Hot Chocolate Tall	Whole milk	418	327	36.4	30.5
Costa Coffee	Hot Chocolate Medio - Eat In	Whole milk	319	341	34.8	30.4
Starbucks	Caramel Macchiato Grande	Whole milk	240	273	31.0	30.1
Caffe Nero	White Chocolate Mocha - Drink In	Semi-skimmed	414	397	24.5	30.1
Greggs	Mocha Regular	Not stated	218	233	34.0	30.0
Greggs	Hot Chocolate Regular	Not stated	167	219	25.0	30.0
KFC	Hot Chocolate with cream	Not stated	355	180	42.0	29.3
Starbucks	Classic Hot Chocolate Grande	Whole milk	323	318	32.9	28.1
Costa Coffee	Mocha Massimo - Eat Out	Whole milk	447	331	52.6	27.2
Starbucks	Mocha with Whipped Cream Grande	Whole milk	335	315	32.9	27.2
Starbucks	Signature Hot Chocolate Short	Whole milk	283	282	23.9	26.5
KFC	Caramel Latte	Not stated	175	195	26.8	26.0
KFC	Vanilla Latte	Not stated	125	195	19.0	26.0
Costa Coffee	Mocha Massimo - Eat In	Whole milk	435	311	51.7	25.7
Caffe Nero	Chai Latte - Drink In	Semi-skimmed	281	232	33.2	25.5
Starbucks	White Chocolate Mocha with Whipped Cream Short	Whole milk	252	225	29.9	24.0
Pret a Manger	Mocha	Semi skimmed/skimmed	173	185	20.7	23.4
McDonalds	Toffee Latte Medium	Semi-skimmed	193	183	25.0	23.0
Eat	Mocha Small	Not stated	272	246	22.1	23.0
Costa Coffee	Hot Chocolate Primo - Eat Out	Whole milk	319	267	34.8	22.9
Starbucks	Caramel Macchiato Tall	Whole milk	209	215	25.5	22.6
Starbucks	Classic Hot Chocolate Tall	Whole milk	261	262	25.8	22.5
Eat	Chai Latte Small	Not stated	262	243	33.0	22.0
Leon	Mocha	Whole milk	324	324	22.0	22.0
Costa Coffee	Mocha Medio - Eat Out	Whole milk	301	254	34.4	21.1
KFC	Mocha	Not stated	295	180	45.1	21.0
Starbucks	Chai Tea Latte short	Whole milk	119	131	20.9	21.0
Costa Coffee	Chai Latte Primo - Eat In	Whole milk	267	196	31.9	20.8
Starbucks	Mocha with Whipped Cream Tall	Whole milk	273	242	26.3	20.4
Costa Coffee	Mocha Medio - Eat In	Whole milk	301	244	34.4	20.3
Caffe Nero	Mocha with Whipped Cream - Drink In	Semi-skimmed	302	476	24.3	20.2
Eat	Matcha Latte Small	Not stated	275	197	24.9	19.0
Costa Coffee	Gingerbread Latte Medio - Eat Out	Whole milk	244	399	36.6	18.8
Costa Coffee	Hot Chocolate Primo - Eat In	Whole milk	205	208	22.6	17.8
Leon	Hot Chocolate	Whole milk	257	257	17.0	17.0
Costa Coffee	Gingerbread Latte Primo - Eat Out	Whole milk	173	340	18.5	14.9
Costa Coffee	Mocha Primo - Eat Out	Whole milk	217	168	24.4	14.0
Starbucks	Classic Hot Chocolate Short	Whole milk	178	167	16.8	13.9
Costa Coffee	Gingerbread Latte Medio - Eat In	Whole milk	244	324	26.6	13.7
Starbucks	Caramel Macchiato Short	Whole milk	122	129	14.7	13.5
Starbucks	Mocha with Whipped Cream Short	Whole milk	184	163	16.8	13.3
Costa Coffee	Mocha Primo - Eat In	Whole milk	198	141	23.0	11.8
Costa Coffee	Mocha Cortado - Eat Out	Whole milk	133	135	12.1	10.8
Costa Coffee	Gingerbread Latte Primo - Eat In	Whole milk	158	274	17.4	10.3
Costa Coffee	Mocha Cortado - Eat In	Whole milk	110	83	10.4	6.6