



Supermarket Milkshake Survey 2018 - All Data

Data table sorted by highest sugars per serving (≤400ml)

Product information was collected in store.

Colour coding based on front of pack colour-coded nutrition labelling criteria

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

*contains no added sugars

** 4g sugar = 1 teaspoon

Manufacturer Name	Product Name	Calories per serving (kcal)	Sugars per serving (g)	Teaspoons of sugar per serving**
Muller	Muller Milk Friji Chocolate Flavour 400ml	304	42.8	11
Muller	Muller Milk Friji Fudge Brownie Flavour 400ml	300	42.8	11
Muller	Muller Milk Friji Cookie Dough Flavour 400ml	288	41.6	10
Muller	Muller Milk Friji Strawberry Flavour 400ml	276	38.8	10
Muller	Muller Milk Shake Banana Flavour 400ml	276	38.4	10
FrieslandCampina	Yazoo Milk Drink Strawberry 400ml	240	38.4	10
Shaken Udder	Shaken Udder Chocolush! Milkshake 330ml	287	37.0	9
Marks & Spencer	Marks & Spencer Belgian Chocolate Milkshake 330ml	321	36.3	9
ASDA	Asda Chocolate Flavoured Milk 330ml	241	36.0	9
Morrisons	Morrisons White Chocolate Flavoured Milk 330ml	249	36.0	9
FrieslandCampina	Yazoo Milk Drink Choc Mint Limited Edition 400ml	260	35.6	9
FrieslandCampina	Yazoo Milk Drink Chocolate 400ml	260	35.6	9
Shaken Udder	Shaken Udder Top Banana! Milkshake 330ml	241	32.3	8
Shaken Udder	Shaken Udder Salted Caramel 330ml	231	32.3	8
ASDA	Asda Vanilla Flavoured Milk 330ml	228	32.0	8
Marks & Spencer	Marks & Spencer British Strawberry Milkshake 330ml	307	31.4	8
Shaken Udder	Shaken Udder Vanillalicious! Milkshake 330ml	238	30.7	8
Shaken Udder	Shaken Udder Strawberries and Clotted Cream Milkshake 330ml	248	30.4	8
Tesco	Tesco Milk Chocolate Brownie Flavour 330ml	207	29.0	7
Tesco	Tesco Milk Chocolate Flavoured 330ml	215	28.7	7
Bam Organic	Bam Organic Chocolate Milk 330ml	327	28.4	7
Tesco	Tesco Banana Flavoured Milk 330ml	198	28.1	7
Bam Organic	Bam Organic Banana Milk 330ml	284	27.7	7
Tesco	Tesco Rhubarb & Custard Flavour Milk 330ml	201	27.7	7
Morrisons	Morrisons Chocolate Flavoured Fresh Milk	238	27.1	7
Tesco	Tesco Strawberry Flavoured Milk 330ml	195	27.1	7
Arla Dairy	Cocio Classic Chocolate Milk 270ml	197	27.0	7
Arla Dairy	Cocio Dark Chocolate Milk 270ml	194	27.0	7
Morrisons	Morrisons Banana Flavoured Fresh Milk 330ml	238	26.7	7
Morrisons	Morrisons Strawberry Flavoured Milk 330ml	228	25.7	6
Mars	Galaxy Smooth Milk 376ml	210	22.9	6
Mars	Mars No Added Sugar Milk 376ml*	221	22.8	6
Muller	Muller Friji Zero Added Sugar Chocolate Flavour Milkshake 400ml*	224	21.6	5
Happy Monkey Ltd	Happy Monkey Chocolate Milkshakes 200ml	120	17.8	4
Arla Dairy	Cocio One Chocolate Milk 270ml	130	15.4	4
Happy Monkey Ltd	Happy Monkey Milk Shakes Strawberry 200ml	100	15.4	4
Jude's	Little Jude's Chocolate Milk 180ml	121	14.6	4
The Co-Operative	Co-op Strawberry Milk 189ml	101	12.0	3
The Co-Operative	Co-op Chocolate Milk 189ml	102	12.0	3
FrieslandCampina	Yazoo no added sugar Chocolate 200ml	96	9.4	2
FrieslandCampina	Yazoo no added sugar Strawberry 200ml	92	9.2	2