

Product Name	Flavour	Energy (kJ) per 100ml	Energy (kcal) per 100ml	Energy (kcal) per 330ml* serving	Sugars (g) per 100ml	Sugars (g) per 330ml* serving
Fentimans Traditional Curiosity Cola 750ml	Cola	196	47	154	11.3	37
Lidl Freeway Cola	Cola	190	45	150	10.9	36
Tesco Classic Cola 2 Litre	Cola	184	44	145	10.9	36
Sainsbury's Classic Cola 2L	Cola	184	44	145	10.8	36
Marks & Spencer Cola	Cola	185	44	146	10.7	35
Essential Waitrose Cola 2 litres	Cola	184	44	145	10.7	35
Asda Chosen by You Cola 2 Litres	Cola	183	44	144	10.7	35
Coca-Cola 2 Litre	Cola	180	43	142	10.6	35
Morrisons Cola	Cola	186	44	147	10.6	35
Pepsi can	Cola	182	43	143	10.6	35
Aldi VIVE Original Cola	Cola	181	43	143	10.6	35
Barr Cola 500ml	Cola	180	43	142	10.4	34
The Co-operative Cola 2 Litre	Cola	180	43	142	10.4	34
UBUNTU cola	Cola	176	42	139	10.4	34
Dr Pepper 2 Litre	Cola	177	42	140	10.4	34
Tesco Original Cola	Cola	165	39	130	9.7	32
Barr's Originals Cream Soda with a Twist of Raspberry 330ml	Cream Soda	195	47	154	11.5	38
Marks & Spencer Cream Soda	Cream Soda	185	44	146	10.9	36
Waitrose Cream Soda 2 Litres	Cream Soda	181	43	143	10.6	35
Asda Chosen by You Cream Soda 2 Litres	Cream Soda	107	26	84	6.1	20
Fentimans Traditional Dandelion & Burdock 750ml	Dandelion & Burdock	196	47	154	11.8	39
Marks & Spencer Dandelion & Burdock	Dandelion & Burdock	165	39	130	9.8	32
Asda Chosen by You Dandelion & Burdock 2 Litres	Dandelion & Burdock	125	30	99	6.8	22
Morrisons Dandelion & Burdock	Dandelion & Burdock	87	21	69	4.2	14
Tesco Finest Grape & Elderflower Spritz	Elderflower	192	46	151	11.3	37
Shloer White Grape and Elderflower	Elderflower	188	45	149	10.7	35
Belvoir Elderflower Presse	Elderflower	170	40	132	10	33
Sainsbury's English Elderflower Presse, Sparkling, Taste the Difference	Elderflower	142	33	109	8.1	27
Marks and Spencer sparkling elderflower drink	Elderflower	140	30	99	8.1	27
The Co-operative Truly Irresistible Sparkling Elderflower Drink 750ml	Elderflower	130	31	102	7.7	25
Waitrose sparkling apple & elderflower spring water	Elderflower	129	30	99	7.6	25
bottlegreen Sparkling Green Tea & Elderflower 275ml	Elderflower	124	30	98	7.3	24
Waitrose elderflower sparkling spring water	Elderflower	124	29	96	7.3	24
bottlegreen Sparkling Elderflower 750ml	Elderflower	124	30	98	7	23
Marks & Spencer Elderflower Soft Brew	Elderflower	100	24	79	4.9	16
Jammin Sparkling Caribbean Cola Flavoured Drink 6 x 330ml	Flavoured Cola	207	49	163	12.1	40
Fentimans Cherrytree Cola 275ml	Flavoured Cola	197	47	155	11.6	38
Cherry Coca-Cola 2 Litre	Flavoured Cola	191	46	151	11.2	37
Vanilla Coca-Cola 1.5 Litre	Flavoured Cola	181	43	143	10.6	35
Sainsbury's American Ginger Ale 1L	Ginger ale	159	38	125	9.2	30
Club Ginger Ale 850ml	Ginger ale	155	37	122	9.1	30
Schweppes Canada Dry Ginger Ale 1 Litre	Ginger ale	160	38	126	9.1	30
Sainsbury's Dry Ginger Ale 1L	Ginger ale	161	38	127	9	30
Simply M&S American Ginger Ale	Ginger ale	155	35	116	8.5	28
Waitrose Essential Ginger Ale 6 x 250ml	Ginger ale	151	36	119	8.5	28
Tesco Ginger Ale	Ginger ale	109	26	86	6	20
Asda Chosen by You Ginger Ale 1 Litre	Ginger ale	90	21	71	4.8	16
Morrisons Dry Ginger Ale	Ginger ale	79	19	62	4.2	14
The Co-operative Ginger Ale 1 Litre	Ginger ale	70	17	55	4.1	14
Morrisons American Ginger Ale	Ginger ale	72	17	57	3.8	13
Old Jamaica Ginger Beer with Fiery Jamaica Root Ginger	Ginger beer	260	62	205	16	53
Old Jamaica Ginger Beer with Extra Fiery Jamaica Root Ginger	Ginger beer	269	64	212	15.7	52
Jammin Sparkling Ginger Beer Flavour Drink	Ginger beer	266	64	210	15.6	51
Waitrose Ginger Beer 2 Litres	Ginger beer	237	57	187	13.9	46
Marks & Spencer Fiery Ginger Beer	Ginger beer	270	65	215	13.8	46
Sainsbury's Fiery Ginger Beer 2 Litres	Ginger beer	235	56	185	13.7	45
Tesco Fiery Ginger Beer	Ginger beer	229	55	180	13.3	44
Old Jamaica Ginger Beer Twist Gold Spice 330ml	Ginger beer	232	55	183	13	43
Old Jamaica Ginger Beer Twist Spiced Berry 330ml	Ginger beer	233	56	184	13	43
Old Jamaica Limited Edition Ginger Beer Twist Gold Spice 1.5 Litre	Ginger beer	232	55	183	13	43
Old Jamaica Limited Edition Ginger Beer Twist Pineapple 330ml	Ginger beer	227	54	179	13	43
Tropical Sun Traditional Ginger Beer 330ml	Ginger beer	214	51	169	13	43
John Crabbie's Traditional Cloudy Ginger Beer 500ml	Ginger beer	191	46	151	11.1	37
Waitrose Sparkling Ginger Refresher 750ml	Ginger beer	179	43	141	10.5	35
Fever-Tree Premium Ginger Beer 500ml	Ginger beer	185	44	146	10	33
Fentimans Traditional Ginger Beer 750ml	Ginger beer	159	38	125	9.4	31
Francis Hartridge's Celebrated Ginger Beer 330ml	Ginger beer	162	39	128	9	30
Carthers Root Beer 6 x 330ml	Ginger beer	147	35	116	8.4	28
Levi Roots Fiery Ginger Beer with Lime 'n' Honey Flavours and Jamaican Ginger Extract 2 Litres	Ginger beer	125	30	99	7.2	24
Asda Chosen by You Ginger Beer 2 Litres	Ginger beer	125	30	99	7	23
Marks & Spencer Ginger Soft Brew	Ginger beer	105	25	83	5.6	18
Sainsbury's Cloudy Lemonade	Lemonade	239	57	188	13.5	45
Lorina Prestige Pink Citrus Lemonade Sparkling Beverage 750ml	Lemonade	221	53	174	12.8	42
Sainsbury's Taste the Difference Lemonade 1 Litre	Lemonade	271	65	214	12.8	42
Club Lemon 2 Litres	Lemonade	212	51	167	12.4	41
Sainsbury's Taste the Difference Pink Lemonade 1L	Lemonade	220	53	173	12.3	41
Waitrose Cloudy Lemonade 2 Litres	Lemonade	216	52	170	12.3	41
San Pellegrino Sanpellegrino Pompelmo 33cl Can Single	Lemonade	224	54	177	12.1	40
Fentimans Traditional Rose Lemonade 275ml	Lemonade	197	47	155	11.7	39
John Crabbie & Co. Traditional Cloudy Lemonade with a Twist of Ginger 330ml	Lemonade	198	47	156	11.5	38
Sainsbury's Lemonade 2 Litres	Lemonade	200	48	158	11.5	38
7UP 1.25 Litres	Lemonade	182	43	143	11.2	37
Waitrose Essential Lemonade with Juice 6 x 250ml	Lemonade	194	46	153	11	36
Belvoir Raspberry Lemonade	Lemonade	183	44	144	10.9	36
Morrisons Lemonade	Lemonade	203	48	160	10.9	36
L&P Lemon & Paeroa Soft Drink 355ml	Lemonade	186	44	147	10.8	36
Sainsbury's Bitter Lemon 1L	Lemonade	186	44	147	10.6	35
Barr's Originals Traditional Lemonade 750ml	Lemonade	183	44	144	10.4	34
Club White Lemonade 850ml	Lemonade	176	42	139	10.2	34
Waitrose Sparkling Sicilian Lemon Refresher 750ml	Lemonade	184	44	145	10.2	34
San Pellegrino Sanpellegrino Limonata 6 x 330ml	Lemonade	191	46	151	10	33
Simply M&S Lemonade with real lemon juice	Lemonade	175	40	132	10	33
Asda Chosen by You Extra Juicy Lemonade 2 Litres	Lemonade	180	43	142	9.7	32
Fever-Tree Sicilian Lemonade 275ml	Lemonade	162	39	128	9	30
The Feel Good Drinks Co. Gently Sparkling Cloudy Lemon 750ml	Lemonade	155	37	122	8.5	28
Fanta Icy Lemon 2 Litre	Lemonade	145	35	114	8.3	27
Tesco Bitter Lemon	Lemonade	145	35	114	8.2	27
Sainsbury's Taste the Difference Sparkling Sicilian Lemonade 750ml	Lemonade	143	34	113	8.1	27
Schweppes Bitter Lemon 1 Litre	Lemonade	144	34	113	8.1	27
bottlegreen Sparkling Lemon & Lime Leaf 750ml	Lemonade	124	30	98	7	23
Sprite 2 Litre	Lemonade	117	28	92	6.6	22

Country Spring Lemon & Lime 3 Litre	Lemonade	97	23	76	5.4	18
Asda Chosen by You Bitter Lemon 1 Litre	Lemonade	96	23	76	5.1	17
Country Spring Red Lemonade 3 Litre	Lemonade	90	21	71	4.9	16
Country Spring White 3 Litres	Lemonade	90	21	71	4.9	16
Asda Chosen by You Cloudy Lemonade 2 Litres	Lemonade	93	22	73	4.6	15
Aldi VIVE Premium Lemonade made with real lemons	Lemonade	84	20	66	4.5	15
Schweppes Lemonade 2 Litre	Lemonade	78	19	61	4.2	14
Tesco Sparkling Lemonade Made With Lemon Juice	Lemonade	74	18	58	4.1	14
Morrisons Bitter Lemon	Lemonade	68	16	54	3.6	12
Morrisons Lemonade	Lemonade	64	15	50	3.6	12
The Co-operative Bitter Lemon 1 Litre	Lemonade	60	14	47	3.6	12
Asda Chosen by You Lemonade 2 Litres	Lemonade	64	15	50	3.5	12
R Whites Premium Lemonade 1.5 Litres	Lemonade	47	11	37	2.4	8
C&C Brown Lemonade 2 Litres	Lemonade	38	9	30	2	7
TK Red Lemonade 2 Litres	Lemonade	38	9	30	1.9	6
TK White Lemonade 2 Litres	Lemonade	38	9	30	1.9	6
The Co-operative Sparkling Lemonade Shandy 2 Litre	Lemonade	40	10	32	1.2	4
The Co-operative Lemonade 2 Litre	Lemonade	20	5	16	1	3
Club Orange 2 Litres	Orange	243	58	192	14.3	47
Marley's Natural Relaxation Mellow Mood Citrus 355ml	Orange	200	48	158	12.1	40
Rio Citrus 330ml	Orange	206	49	162	11.8	39
San Pellegrino Sanpellegrino Aranciata Rossa 33cl Can Single	Orange	213	51	168	11.8	39
San Pellegrino Sanpellegrino Chinotto 33cl Can Single	Orange	193	46	152	11.1	37
Tesco Orange & Mango Sparkling Drink	Orange	184	44	145	10.6	35
Tesco Orange & Passion Fruit Sparkling Drink	Orange	180	43	142	10.3	34
Orangina Bulby 330ml	Orange	176	42	139	10.2	34
Lidl Freeway Orange	Orange	174	42	137	10	33
San Pellegrino Sanpellegrino Aranciata 6 x 330ml	Orange	181	43	143	9.7	32
Tesco Orange Sparkling Drink	Orange	130	31	102	7.3	24
Fanta Orange 330ml	Orange	126	30	99	7.1	23
Tango Citrus AARGH! 2 Litres	Orange	42	10	33	1.9	6
Fanta Grape Flavoured Drink 330ml	Other	233	56	184	13.5	45
Jammin Sparkling Tropical Flavour Drink 6 x 500ml	Other	230	55	181	13.2	44
Jammin Sparkling Black Grape Flavour Drink 6 x 500ml	Other	224	53	175	13.1	43
Jammin Sparkling Pineapple Flavour Drink 2L	Other	223	53	176	12.9	43
Jammin Sparkling Fruit Punch Flavour Drink 2L	Other	217	52	171	12.7	42
Marley's Natural Relaxation Mellow Mood Berry 355ml	Other	200	48	158	12.1	40
Shloer White Grape	Other	205	49	162	11.6	38
Shloer Red Grape	Other	205	49	162	11.5	38
Shloer Rosé	Other	197	47	155	11.5	38
Marks & Spencer Rhubarb & Custard Sparkling drink	Other	205	50	165	11.5	38
Shloer Apple and White Grape	Other	197	47	155	11.3	37
Shloer White Grape, Raspberry & Cranberry	Other	197	47	155	11	36
Barr Im Bru	Other	180	43	142	10.5	35
Appletiser	Other	197	47	155	10.2	34
Fanta Beach Strawberry and Kiwi Flavour 2 Litre	Other	177	42	140	10.2	34
Fanta Mango and Passionfruit 2L	Other	175	42	138	10.1	33
Fanta Peach and Apricot 2 Litre	Other	176	42	139	10.1	33
Ame Grape & Apricot	Other	163	39	129	9.2	30
Fanta Fruit Twist 2 Litre	Other	160	38	126	9.2	30
Fanta Red Fruits 2 Litre	Other	157	37	124	9	30
AME ELDERBERRY AND LEMON	Other	155	37	122	8.9	29
Simply M&S sparkling red cherry	Other	160	35	116	8.8	29
AME RASPBERRY AND BLACKBERRY	Other	151	36	119	8.7	29
Levi Roots Caribbean Crush 2 Litres	Other	147	35	116	8.4	28
Peartiser 750ml	Other	206	49	162	8.4	28
AME ORANGE AND GRAPE	Other	147	35	116	8.3	27
Belvoir COCONUT & LIME PRESSÉ CAN	Other	135	32	106	8	26
Marks & Spencer 4 Sparkling British Cox Apple Presses	Other	135	32	106	8	26
The Co-operative Truly Irresistible Sparkling Raspberry Juice Drink	Other	130	31	102	7.7	25
bottlegreen Sparkling Acacia Blossom 750ml	Other	124	30	98	7	23
bottlegreen Sparkling Mango & Coconut 750ml	Other	124	30	98	7	23
Fanta Raspberry & Passionfruit	Other	118	28	93	6.7	22
Barr Tizer 2 Litre	Other	97	23	76	5.7	19
Asda Chosen by You Iron Brew 2 Litres	Other	73	17	58	4	13
Marley's Natural Relaxation Mellow Mood Lite Mango 355ml	Other	60	14	47	3	10
Tango Cherry 2 Litres	Other	45	11	35	2.4	8
Tango Apple 2 Litres	Other	42	10	33	2.1	7