



Hot Drinks Survey 2019 -Hot Chocolate

Data table sorted by highest sugars per portion

Product information was collected online

Colour coding based on new 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

Outlet	Product Name	Size	Milk Used	Calories per portion	Sugar per portion
Starbucks	Signature caramel hot chocolate with whipped cream	Venti	Oat	758	93.7
Starbucks	Signature caramel hot chocolate with whipped cream	Venti	Skimmed	659	89.6
Starbucks	Signature hazelnut hot chocolate with whipped cream	Venti	Oat	733	89.2
Starbucks	Signature caramel hot chocolate with whipped cream	Venti	Semi-skimmed	695	89.1
Starbucks	Signature caramel hot chocolate with whipped cream	Venti	Whole	729	88.9
Starbucks	Signature caramel hot chocolate with whipped cream	Venti	Coconut	674	85.1
Starbucks	Signature caramel hot chocolate with whipped cream	Venti	Soya	674	85.1
Starbucks	Signature hazelnut hot chocolate with whipped cream	Venti	Skimmed	634	85.1
Starbucks	Signature hazelnut hot chocolate with whipped cream	Venti	Semi-skimmed	671	84.6
Starbucks	Signature hazelnut hot chocolate with whipped cream	Venti	Whole	705	84.4
Starbucks	Signature caramel hot chocolate with whipped cream	Venti	Almond	633	83.6
Starbucks	Signature hazelnut hot chocolate with whipped cream	Venti	Coconut	650	80.6
Starbucks	Signature hazelnut hot chocolate with whipped cream	Venti	Soya	649	80.6
Starbucks	Signature hazelnut hot chocolate with whipped cream	Venti	Almond	609	79.1
Starbucks	White hot chocolate with whipped cream	Venti	Oat	601	70.9
Starbucks	Toasted Marshmallow Hot Chocolate with whipped cream	Venti	Oat	597	68.7
Starbucks	Signature hot chocolate with whipped cream	Venti	Oat	634	65.6
Starbucks	White hot chocolate with whipped cream	Venti	Skimmed	459	65.0
Starbucks	White hot chocolate with whipped cream	Venti	Semi-skimmed	511	64.4
Starbucks	White hot chocolate with whipped cream	Venti	Whole	560	64.0
Starbucks	Signature hot chocolate with whipped cream	Venti	Skimmed	535	61.5
Starbucks	Toasted Marshmallow Hot Chocolate with whipped cream	Venti	Skimmed	411	61.1
Starbucks	Signature hot chocolate with whipped cream	Venti	Semi-skimmed	571	61.0
Starbucks	Signature hot chocolate with whipped cream	Venti	Whole	605	60.8
Starbucks	Toasted Marshmallow Hot Chocolate with whipped cream	Venti	Semi-skimmed	480	60.2
Starbucks	Toasted Marshmallow Hot Chocolate with whipped cream	Venti	Whole	544	59.7
Caffe Nero	Salted Caramel Hot Chocolate with whipped cream	Grande	Skimmed	503	59.6
Caffe Nero	Salted Caramel Hot Chocolate with whipped cream	Grande	Semi-skimmed	535	59.3
Caffe Nero	Salted Caramel Hot Chocolate with whipped cream	Grande	Whole	579	59.1
Caffe Nero	Caramelised Almond Hot Chocolate with whipped cream	Grande	Skimmed	501	59.0
Caffe Nero	Caramelised Almond Hot Chocolate with whipped cream	Grande	Semi-skimmed	534	58.7
Caffe Nero	Hazelnut Hot Chocolate with whipped cream	Grande	Skimmed	499	58.7
Caffe Nero	Caramelised Almond Hot Chocolate with whipped cream	Grande	Whole	578	58.5
Starbucks	White hot chocolate with whipped cream	Venti	Coconut	481	58.5
Starbucks	White hot chocolate with whipped cream	Venti	Soya	480	58.5
Caffe Nero	Hazelnut Hot Chocolate with whipped cream	Grande	Semi-skimmed	532	58.4
Caffe Nero	Hazelnut Hot Chocolate with whipped cream	Grande	Whole	575	58.2
Starbucks	Signature hot chocolate with whipped cream	Venti	Coconut	550	57.0
Starbucks	Signature hot chocolate with whipped cream	Venti	Soya	550	57.0
Caffe Nero	Salted Caramel Hot Chocolate without whipped cream	Grande	Oat	365	56.5
Starbucks	White hot chocolate with whipped cream	Venti	Almond	422	56.4
Caffe Nero	Caramelised Almond Hot Chocolate without whipped cream	Grande	Oat	364	55.9
Caffe Nero	Hazelnut Hot Chocolate without whipped cream	Grande	Oat	362	55.6
Starbucks	Signature hot chocolate with whipped cream	Venti	Almond	509	55.5
Caffe Nero	Ginger Hot Chocolate with whipped cream	Grande	Skimmed	485	55.1
Caffe Nero	Salted Caramel Hot Chocolate without whipped cream	Grande	Coconut	327	54.9
Caffe Nero	Ginger Hot Chocolate with whipped cream	Grande	Semi-skimmed	518	54.8
Caffe Nero	Ginger Hot Chocolate with whipped cream	Grande	Whole	561	54.6
Caffe Nero	Caramelised Almond Hot Chocolate without whipped cream	Grande	Coconut	326	54.3
Caffe Nero	Hazelnut Hot Chocolate without whipped cream	Grande	Coconut	323	54.0
Caffe Nero	Salted Caramel Hot Chocolate without whipped cream	Grande	Soya	357	53.8
Caffe Nero	Caramelised Almond Hot Chocolate without whipped cream	Grande	Soya	356	53.2
Starbucks	Toasted Marshmallow Hot Chocolate with whipped cream	Venti	Coconut	459	53.0
Caffe Nero	Hazelnut Hot Chocolate without whipped cream	Grande	Soya	354	52.9
Caffe Nero	Hot chocolate without whipped cream	Grande	Skimmed	484	52.5
Starbucks	Toasted Marshmallow Hot Chocolate with whipped cream	Venti	Soya	439	52.5
Caffe Nero	Hot chocolate without whipped cream	Grande	Semi-skimmed	524	52.2
Caffe Nero	Ginger Hot Chocolate without whipped cream	Grande	Oat	348	52.0
Caffe Nero	Ginger Hot Chocolate without whipped cream	Grande	Coconut	309	50.4
Starbucks	Toasted Marshmallow Hot Chocolate with whipped cream	Venti	Almond	363	49.8
Caffe Nero	Ginger Hot Chocolate without whipped cream	Grande	Soya	339	49.3
EAT	Honeycomb Hot Chocolate	Regular	Semi-skimmed	449	47.0
Greggs	Mint Hot Chocolate	Regular	Semi-skimmed	334	46.0
Costa	White hot chocolate, take away	Massimo	Semi-skimmed	417	43.3
Starbucks	Classic hot chocolate with whipped cream	Venti	Oat	436	42.6
Costa	White hot chocolate, take away	Massimo	Whole	523	42.2
Greggs	Hot Chocolate	Large	Not stated	281	42.0
Costa	Hot chocolate (improved recipe), take away	Massimo	Semi-skimmed	414	41.9
Costa	White hot chocolate, take away	Massimo	Skimmed	342	41.7
Costa	Hot chocolate (improved recipe), take away	Massimo	Whole	503	41.0
Costa	Hot chocolate (improved recipe), take away	Massimo	Skimmed	353	40.6
Pret	Hot chocolate	Regular	Rice-coconut	288	40.4
Caffe Nero	Hot chocolate without whipped cream	Grande	Oat	298	40.0
Caffe Nero	Hot chocolate without whipped cream	Grande	Coconut	260	38.4
Caffe Nero	Hot chocolate without whipped cream	Grande	Soya	290	37.3
Costa	Hazelnut Praline & Cream hot chocolate (improved recipe) take away	Medio	Semi-skimmed	435	37.1
Starbucks	Classic hot chocolate with whipped cream	Venti	Skimmed	299	36.9
Costa	Hazelnut Praline & Cream hot chocolate (improved recipe) take away	Medio	Whole	483	36.6
Costa	Hazelnut Praline & Cream hot chocolate (improved recipe) take away	Medio	Skimmed	401	36.4
Starbucks	Classic hot chocolate with whipped cream	Venti	Semi-skimmed	350	36.3
Starbucks	Classic hot chocolate with whipped cream	Venti	Whole	397	35.9
Costa	White hot chocolate, take away	Massimo	Coconut	348	35.9
Costa	Hot chocolate (improved recipe), take away	Massimo	Coconut	357	35.7

Pret	Hot chocolate	Regular	Not stated	256	35.5
EAT	Hot Chocolate	Regular	Not stated	317	35.0
Costa	Hazelnut Praline & Cream hot chocolate (improved recipe) take away	Medio	Coconut	403	33.7
Caffe Nero	Chocolato milano with whipped cream	Not stated	Not stated	458	33.2
Costa	Hot chocolate (improved recipe), take away	Massimo	Lacto-free	379	33.1
Costa	Irish velvet & cream hot chocolate (improved recipe), take away	Medio	Semi-skimmed	397	33.1
Costa	White hot chocolate, take away	Massimo	Lacto-free	380	32.7
Costa	Irish velvet & cream hot chocolate (improved recipe), take away	Medio	Whole	445	32.6
Costa	Hazelnut Praline & Cream hot chocolate (improved recipe) take away	Medio	Lacto-free	416	32.3
Costa	Irish velvet & cream hot chocolate (improved recipe), take away	Medio	Skimmed	363	32.3
Costa	Hot chocolate (improved recipe), take away	Massimo	Almond	317	32.2
Costa	Hot chocolate (improved recipe), take away	Massimo	Soya	397	32.2
Costa	Hazelnut Praline & Cream hot chocolate (improved recipe) take away	Medio	Almond	382	31.8
Costa	Hazelnut Praline & Cream hot chocolate (improved recipe) take away	Medio	Soya	425	31.8
Costa	White hot chocolate, take away	Massimo	Almond	300	31.6
Costa	White hot chocolate, take away	Massimo	Soya	395	31.6
Starbucks	Classic hot chocolate with whipped cream	Venti	Coconut	320	30.6
Starbucks	Classic hot chocolate with whipped cream	Venti	Soya	319	30.6
Pret	Hot chocolate	Regular	Soya	251	30.4
Costa	Irish velvet & cream hot chocolate (improved recipe), take away	Medio	Coconut	365	29.7
Costa	Black forest & cream hot chocolate (improved recipe), take away	Medio	Semi-skimmed	385	29.6
KFC	Cadburys Hot chocolate	Regular	Not stated	180	29.3
Costa	Black forest & cream hot chocolate (improved recipe), take away	Medio	Whole	434	29.1
Costa	Black forest & cream hot chocolate (improved recipe), take away	Medio	Skimmed	351	28.9
Starbucks	Classic hot chocolate with whipped cream	Venti	Almond	263	28.6
Costa	Irish velvet & cream hot chocolate (improved recipe), take away	Medio	Lacto-free	377	28.2
Costa	Irish velvet & cream hot chocolate (improved recipe), take away	Medio	Almond	344	27.7
Costa	Irish velvet & cream hot chocolate (improved recipe), take away	Medio	Soya	387	27.7
Costa	Black forest & cream hot chocolate (improved recipe), take away	Medio	Coconut	354	26.2
Costa	Black forest & cream hot chocolate (improved recipe), take away	Medio	Lacto-free	366	24.7
Costa	Black forest & cream hot chocolate (improved recipe), take away	Medio	Almond	332	24.3
Costa	Black forest & cream hot chocolate (improved recipe), take away	Medio	Soya	375	24.3
Costa	Gingerbread & Cream hot chocolate (improved recipe), take away	Medio	Semi-skimmed	363	23.4
Costa	Gingerbread & Cream hot chocolate (improved recipe), take away	Medio	Whole	412	22.9
Costa	Gingerbread & Cream hot chocolate (improved recipe), take away	Medio	Skimmed	330	22.7
Costa	Luxery hot chocolate, take away	Not stated	Not stated	150	22.4
Costa	Gingerbread & Cream hot chocolate (improved recipe), take away	Medio	Coconut	332	20.0
Costa	Gingerbread & Cream hot chocolate (improved recipe), take away	Medio	Lacto-free	344	18.5
Costa	Gingerbread & Cream hot chocolate (improved recipe), take away	Medio	Almond	310	18.1
Costa	Gingerbread & Cream hot chocolate (improved recipe), take away	Medio	Soya	354	18.1
Leon	Hot chocolate	Regular	Whole	257	17.0