

# Juices and smoothies



Processing fruit and vegetables into juice and smoothies releases the fructose, this can cause damage to teeth.

Limit the amount of natural sugars you drink to 150ml a day and keep to main meal times

These drinks are high in sugar and should be just for treats



330ml

8 3/4 tps of sugar



330ml

9 tps of sugar



250ml

3 1/4 tps of sugar



250ml serving with Semi-skimmed milk

4 3/4 tps of sugar



330ml

4 tps of sugar



250ml

9 tps of sugar



250ml

8 1/2 tps sugar