













## The Trap of Iced Drinks

To offset the stifling summer heat, many people get iced drinks when going out. Apart from pre-packaged drinks such as carbonated drinks, other popular summer drinks include freshly squeezed juices and iced milk tea with pearl tapioca. But do you know how much energy and sugar can be found in these drinks?

Common iced drinks			Energy (kcal)	Sugar (g)
Iced milk tea with pearl tapioca (500ml)			330	29
Orange juice (500ml)			225	39
Carbonated drink (500ml)			200	53
Water (500ml)			0	0
Diet carbonated drink (500ml)			0	0
Sugar-free green tea (500ml)			0	0

Source: Centre for Food Safety

A high-sugar iced drink has as much energy as more than ½ to 1½ bowls of white rice (with one bowl approximately equivalent to 250 to 300 ml). If you have a glass of high-sugar iced drink every day, you will get an additional energy intake of 200 to 330 kcal, which is equivalent to approximately 6,000 to 9,900 kcal or about 2 to 3 lbs of fat per month.

Take the example of an adult who weighs 60kg: if he/she wants to offset the additional energy intake of 200 to 330 kcal each day, he/she will have to run 8 to 13 laps around a sports ground!

So, if you don't want to get a pot belly, please be more careful when choosing your drinks. Water, which contains no energy or sugar, is always the best drink to beat the heat. Other sugar-free choices include iced green tea or black tea with no added sugar as well as diet carbonated drinks.