



Hot Drinks Survey 2016 - All Data

Data table sorted by category, alphabetically, highest sugars per serving
 Product information was collected online, instore or direct from manufacturers.
 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

Café	Drink	Sugars per serving (g)	Teaspoons of sugar per serving
Starbucks	Hot Mulled Fruit - Grape with Chai, Orange and Cinnamon Venti	99.0	25
Starbucks	Hot Mulled Fruit - Apple with Chai, Dried Apple and Cinnamon Venti	88.0	22
Costa Coffee	Chai Latte Massimo - Eat In	79.7	20
Starbucks	Hot Mulled Fruit - Grape with Chai, Orange and Cinnamon Grande	76.0	19
Starbucks	White Chocolate Mocha with Whipped Cream Venti	73.8	18
Starbucks	Hot Mulled Fruit - Apple with Chai, Dried Apple and Cinnamon Grande	69.0	17
Starbucks	Signature Hot Chocolate Venti	60.0	15
Starbucks	White Chocolate Mocha with Whipped Cream Grande	59.1	15
KFC	Mocha	58.8	15
Costa Coffee	Mocha Latte Massimo - Eat Out	57.5	14
Costa Coffee	Mocha Latte Massimo - Eat In	56.3	14
KFC	Hot Chocolate with cream	54.3	14
Costa Coffee	Hot Chocolate Massimo - Eat Out	54.0	14
Costa Coffee	Hot Chocolate Massimo - Eat In	53.1	13
Costa Coffee	Mocha Massimo - Eat Out	52.6	13
Starbucks	Chai Tea Latte Venti	52.0	13
Starbucks	Hot Mulled Fruit - Grape with Chai, Orange and Cinnamon Tall	52.0	13
Costa Coffee	Mocha Massimo - Eat In	51.7	13
Caffe Nero	Caramelatte - Drink In	50.6	13
Costa Coffee	Chai Latte Medio - Eat In	49.3	12
Starbucks	Signature Hot Chocolate Grande	47.4	12
Starbucks	Hot Mulled Fruit - Apple with Chai, Dried Apple and Cinnamon Tall	47.0	12
Eat	Matcha Latte Big	45.2	11
KFC	Mocha	45.1	11
Greggs	Mocha Large	45.0	11
Starbucks	White Chocolate Mocha with Whipped Cream Tall	44.4	11
Starbucks	Mocha with Whipped Cream Venti	43.2	11
McDonalds	Mocha Large	43.0	11
Eat	Chai Latte Big	42.8	11
Pret a Manger	Orange Spiced Hot Chocolate	42.2	11
Starbucks	Caramel Macchiato Venti	42.1	11
KFC	Hot Chocolate with cream	42.0	11
Starbucks	Classic Hot Chocolate Venti	41.8	10
Starbucks	Chai Tea Latte Grande	41.5	10
Caffe Nero	Hot Chocolate with Whipped Cream - Drink In	41.0	10
Starbucks	Pumpkin Spice Latte with Whip Venti	39.2	10
McDonalds	Mocha Medium	38.0	10
Costa Coffee	Mocha Latte Medio - Eat In	37.7	9
Costa Coffee	Mocha Latte Medio - Eat Out	37.7	9
Starbucks	Signature Hot Chocolate Tall	36.4	9
McDonalds	Hot Chocolate Large	36.0	9
Costa Coffee	Gingerbread Latte Massimo - Eat Out	36.0	9
Caffe Nero	Hot Chocolate Milano with Whipped Cream Drink in	35.7	9
Costa Coffee	Cinnamon Latte Massimo -Eat Out	35.4	9
Costa Coffee	Vanilla Latte Massimo -Eat Out	35.3	9
Costa Coffee	Roasted Hazelnut Latte Massimo -Eat Out	35.0	9
Eat	Matcha Latte Small	34.9	9
Costa Coffee	Gingerbread Latte Massimo - Eat In	34.9	9
Costa Coffee	Hot Chocolate Medio - Eat In	34.8	9
Costa Coffee	Vanilla Latte Massimo -Eat In	34.8	9
Costa Coffee	Hot Chocolate Medio - Eat Out	34.8	9
Costa Coffee	Hot Chocolate Primo - Eat Out	34.8	9
Costa Coffee	Caramel Latte Massimo -Eat Out	34.6	9
Costa Coffee	Mocha Medio - Eat In	34.4	9
Costa Coffee	Mocha Medio - Eat Out	34.4	9
Costa Coffee	Cinnamon Latte Massimo -Eat In	34.2	9
Greggs	Mocha Regular	34.0	9
Costa Coffee	Roasted Hazelnut Latte Massimo -Eat In	33.9	8
Costa Coffee	Caramel Latte Massimo -Eat In	33.5	8
Caffe Nero	Chai Latte - Drink In	33.2	8
KFC	Caramel Latte - Large	33.2	8
Eat	Chai Latte Small	33.0	8
Greggs	Hot Chocolate Large	33.0	8
Starbucks	Mocha with Whipped Cream Grande	32.9	8
Starbucks	Classic Hot Chocolate Grande	32.9	8
Eat	Hot Chocolate Big	32.0	8
McDonalds	Toffee Latte Large	32.0	8
Costa Coffee	Chai Latte Primo - Eat In	31.9	8
Starbucks	Chai Tea Latte Tall	31.3	8
Starbucks	Caramel Macchiato Grande	31.0	8
Starbucks	Pumpkin Spice Latte with Whip Grande	30.6	8
Pret a Manger	Hot Chocolate	30.3	8
Starbucks	White Chocolate Mocha with Whipped Cream Short	29.9	7
Eat	Mocha Big	29.2	7
McDonalds	Vanilla Latte Large	28.0	7
Costa Coffee	Mocha Latte Primo - Eat Out	27.5	7
Caffe Nero	Luxury Hot Chocolate - Drink In	27.3	7
McDonalds	Hot Chocolate	27.0	7
KFC	Caramel Latte	26.8	7
Costa Coffee	Gingerbread Latte Medio -Eat In	26.6	7
Costa Coffee	Gingerbread Latte Medio -Eat Out	26.6	7
Starbucks	Mocha with Whipped Cream Tall	26.3	7
Costa Coffee	Cinnamon Latte Medio -Eat In	26.1	7
Costa Coffee	Cinnamon Latte Medio -Eat Out	26.1	7

Café	Drink	Sugars per serving (g)	Teaspoons of sugar per serving
Costa Coffee	Vanilla Latte Medio -Eat In	26.1	7
Costa Coffee	Vanilla Latte Medio -Eat Out	26.1	7
Costa Coffee	Roasted Hazelnut Latte Medio -Eat In	25.9	6
Costa Coffee	Roasted Hazelnut Latte Medio -Eat Out	25.9	6
Starbucks	Classic Hot Chocolate Tall	25.8	6
Costa Coffee	Caramel Latte Medio -Eat In	25.6	6
Costa Coffee	Caramel Latte Medio -Eat Out	25.6	6
Starbucks	Caramel Macchiatto Tall	25.5	6
KFC	Vanilla Latte	25.4	6
Costa Coffee	Mocha Latte Primo - Eat In	25.2	6
McDonalds	Toffee Latte Medium	25.0	6
Greggs	Hot Chocolate Regular	25.0	6
Eat	Hot Chocolate Small	24.6	6
Caffe Nero	White Chocolate Mocha - Drink In	24.5	6
Costa Coffee	Mocha Primo - Eat Out	24.4	6
Costa Coffee	Hot Chocolate Primo - Eat Out	24.3	6
Caffe Nero	Mocha with Whipped Cream - Drink In	24.3	6
Starbucks	Pumpkin Spice Latte with Whip Tall	24.1	6
Starbucks	Signature Hot Chocolate Short	23.9	6
Costa Coffee	Mocha Primo - Eat In	23.0	6
Costa Coffee	Hot Chocolate Primo - Eat In	22.6	6
Eat	Mocha Small	22.1	6
Leon	Mocha	22.0	6
Pret a Manger	Love Bar Latte	21.8	5
Pret a Manger	Orange Spiced Latte	21.4	5
McDonalds	Vanilla Latte Medium	21.0	5
Starbucks	Chai Tea Latte short	20.9	5
Pret a Manger	Mocha	20.7	5
KFC	Vanilla Latte	19.0	5
Costa Coffee	Gingerbread Latte Primo -Eat Out	18.5	5
Costa Coffee	Cinnamon Latte Primo -Eat Out	18.2	5
Costa Coffee	Vanilla Latte Primo -Eat Out	18.2	5
Costa Coffee	Roasted Hazelnut Latte Primo -Eat Out	18.0	5
Costa Coffee	Caramel Latte Primo -Eat Out	17.8	4
Costa Coffee	Gingerbread Latte Primo -Eat In	17.4	4
Leon	Hot Chocolate	17.0	4
Costa Coffee	Cinnamon Latte Primo -Eat In	17.0	4
Costa Coffee	Vanilla Latte Primo -Eat In	17.0	4
Costa Coffee	Roasted Hazelnut Latte Primo -Eat In	16.9	4
Starbucks	Mocha with Whipped Cream Short	16.8	4
Starbucks	Classic Hot Chocolate Short	16.8	4
Costa Coffee	Caramel Latte Primo -Eat In	16.7	4
Starbucks	Pumpkin Spice Latte with Whip Short	15.6	4
Starbucks	Caramel Macchiatto Short	14.7	4
Costa Coffee	Chocolate Babycinno	12.9	3
Costa Coffee	Mocha Cortado - Eat Out	12.1	3
Costa Coffee	Mocha Cortado - Eat In	10.4	3