



## David Fairlamb THE FIT FACTOR

### LIFESTYLE CHANGE

If you are looking for a healthier caffeine fix, stick with black coffee. Milk, cream, chocolate, syrup and alternative milks will all add unnecessary calories.

### FITNESS TIP

For many, December may be one of those times you find yourself out of synch with your training. Try to hold on to your routines and consistency the best you can, then January will feel a whole lot easier.

Don't miss David's tips every Saturday in your Journal

If you ordered a drink knowing it contained 16 teaspoons of sugar – that's around three days worth of your children's recommended daily sugar allowance and two of an adults – you would probably not buy it.

Alarmingly, some of our most popular coffee shops contain just that and are packed with calories.

Let me put that into perspective – four grams of sugar equals one teaspoon.

A Caffe Nero Mint Choc Chip Hot Chocolate contains 63.7grams of sugar, equating to nearly 16 teaspoons of sugar and more than 470 calories.

But how much sugar should we eat? Adults should have no more than 30g (around seven teaspoons) of free sugars – sugars added to food or drinks – per day.

Children aged seven to 10 should have no more than 24g (six teaspoons) per day, and children aged four to six no more than 19g (five teaspoons).

There's no guideline limit for children under the age of four, but it's recommended they avoid sugar-

sweetened drinks and food with sugar added to it.

A Costa's Terry's Chocolate Orange winter warmer has 45g of sugar per 340ml medium cup and 379 calories – the equivalent of 10.7 teaspoons of sugar.

Meanwhile, Costa's Quality Street themed hot chocolate, The Purple One, contains 36g of sugar.

However the chain's Gingerbread Latte and Cream was found to have the lowest amount of sugar of the bunch – at 14g.

Starbucks' Fudge Brownie hot chocolate, which has 364 calories, contains more than 50g of sugar and Pret's Popcorn Bar hot chocolate has 49.7g of sugar and 444 calories.

The choices at McDonald's proved to have the lowest calories, with their Hot Chocolate Deluxe containing 201 calories.

Some of the coffee chains included in this latest study say they offer a variety of low-sugar options to customers, as well as these more indulgent drinks.

This is all well and good and I'm sure most people would know that



➤ Consider how much sugar your choice festive drink contains

some drinks will be more sugary and calorific than others, but three days worth of sugar in one drink – they should not even be on sale.

The analysis also revealed that, even without the added sugar from syrups, many hot drinks that use milk-alternatives have huge

amounts of sugar. For example, a Starbucks Oat Milk Venti Latte has over seven teaspoons of sugar and 350 calories, while the same drink with almond milk has under three teaspoons of sugar, and 121 calories.

Another example was the Starbucks Gingerbread Latte made with the popular oat milk instead of almond milk, the sugar content went up by 4.5 teaspoons (18g).

The huge amount of publicity about sugar and obesity for the last decade – the sugar tax, the push to help the next generation as one in three children leave primary school overweight or obese – shows a total disregard for our health from some of the biggest high street coffee shops, and this has to be addressed.

The festive season inevitably brings some indulgences.

If you are looking to be sensible about your calorie intake, pick your time to enjoy yourself. I'm sure for many a huge calorie hit in one drink may be one to avoid.

Try to be more aware of what you are ordering in coffee shops, especially over the next few weeks.

### FESTIVE DRINKS

Some drinks you may want to reconsider purchasing:

**Caffe Nero Hazelnut Hot Chocolate:** 352 calories, 60grams or 15 teaspoons of sugar

**Starbucks Fudge Brownie Hot Chocolate:** 364 calories, 51grams or 13 teaspoons of sugar

**Pret Popcorn Bar Hot Chocolate:** 444 calories, 50 grams or 12.5 teaspoons of sugar

**Costa Terry's Chocolate Orange Hot Chocolate:** 379 Calories, 44 grams of sugar or 11 teaspoons

**Starbucks Gingerbread Frappuccino:** 315 calories, 42 grams of sugar or 10.5 teaspoons

**Starbucks Toffee Nut Frappuccino:** 326 calories, 41 grams of sugar or 10 teaspoons

**Costa Quality Street Toffee Penny Latte:** 330 calories, 40 grams of sugar or 10 teaspoons

**Costa Black Forest Hot Chocolate and Cream:** 420 calories, 32 grams of sugar or 8 teaspoons.