











### The Iced Drinks Trap

To offset the stifling summer heat, many people consume iced drinks when going out. Apart from some pre-packaged drinks such as soft 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 do these drinks contain?

Common iced drinks (per 500 ml)	Energy (kcal)	Sugar (g)
Iced milk tea with pearl tapioca  	325	29
Orange juice  	225	39
Soft drink  	205	53
Water  	0	0
Unsweetened green tea  	0	0

Source: Centre for Food Safety

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

Take an adult who weighs 60 kg as an example. He/she will have to run 8 to 13 laps around a sports ground each day if he/she would like to offset such additional energy intake of 200 to 330 kcal!

Be cautious when choosing drinks if you don't want to get a big belly. Water, which does not contain energy or sugar, is always the best drink to beat the heat for sure. Black tea or green tea without added sugar are also good options.