|  |  |
| --- | --- |
| Food: | Energy Drinks (red Bull, Lucozade, etc.) |

| Suggested Brands | Weight (ml) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Coke Energy No Sugar | 250 | 5.0 | 0.0 | 0.0 | 1.00 |
| Tesco Blue Spark Sugar Free Energy | 1000 | 5.0 | 0.0 | 0.0 | 0.79 |
| Tesco Blue Spark Sugar Free Energy x 6 | 250 | 5.0 | 0.0 | 0.0 | 1.50 |
| Monster Energy Ultra x 8 | 500 | 10.0 | 0.0 | 4.5 | 6.75 |
| Monster Energy Ultra Sugar Free | 500 | 10.0 | 0.0 | 4.5 | 1.25 |
| Kx Sugar Free Energy x 4 | 500 | 10.0 | 0.0 | 0.0 | 2.50 |
| Kx Sugar Free Ice Energy x 4 | 500 | 10.0 | 0.0 | 0.0 | 2.50 |
| Monster Energy Ultra Violet x 4 | 500 | 13.0 | 0.0 | 7.0 | 3.50 |
| Red Bull Sugar Free x 8 | 250 | 15.0 | 0.0 | 0.0 | 7.00 |
| Morrisons Original Source 1899 Sugar Free | 1000 | 15.0 | 0.0 | 0.5 | 1.00 |
| Muscle Moose - Moose Juice Extreme Energy | 500 | 15.0 | 0.0 | 1.7 | 1.75 |
| Muscle Moose - Moose Juice Extreme Energy - Berry Flavour | 500 | 15.0 | 0.0 | 1.7 | 1.75 |
| Muscle Moose - Moose Juice Extreme Energy - Green Apple | 500 | 15.0 | 0.0 | 1.7 | 1.75 |
| ASDA Blue Charge Diet Summer Fruits Stimulation | 250 | 15.0 | 0.0 | 1.0 | 0.45 |
| Kx No Added Sugar Carnival Energy x 4 | 500 | 25.0 | 0.0 | 3.5 | 2.50 |
| Kx No Added Sugar Live Energy | 500 | 25.0 | 0.0 | 3.5 | 2.50 |
| ASDA Diet Blue Charge x 8 | 250 | 25.0 | 0.0 | 2.0 | 2.00 |
| ASDA Diet Blue Charge Stimulation | 1000 | 25.0 | 0.0 | 1.0 | 0.79 |
| Warrior Power Unleashed Energy Drink x 4 | 250 | 80.0 | 0.0 | 17.5 | 1.00 |
| Tesco Kx Energy x 4 | 500 | 90.0 | 0.0 | 20.5 | 2.50 |
| Carabao Green Apple Energy | 330 | 95.0 | 0.0 | 22.5 | 0.90 |
| Carabao Mandarin Orange Energy | 330 | 95.0 | 0.0 | 22.5 | 0.90 |
| Tenzing Energy Drink Raspberry & Yuzu | 250 | 95.0 | 0.0 | 22.5 | 1.29 |
| Scheckter's energy lite \* | 250 | 100.0 | 0.0 | 20.0 | 1.35 |
| Black Energy Drink Classic | 250 | 100.0 | 0.0 | 24.0 | 0.65 |
| Black Energy Drink Mojito | 250 | 100.0 | 0.0 | 23.5 | 0.60 |
| Tiger Energy | 250 | 105.0 | 0.0 | 24.5 | 0.50 |
| V Energy Drink | 250 | 105.0 | 0.0 | 23.5 | 0.99 |
| Tesco Blue Spark Original | 1000 | 105.0 | 0.0 | 24.0 | 0.79 |
| Rockstar Punched Guava Energy x 4 | 500 | 110.0 | 0.0 | 24.5 | 3.50 |
| Oshee Lime-Mint Flavour Isotonic | 750 | 115.0 | 0.0 | 27.0 | 1.20 |
| Morrisons Original Source 1899 x 6 | 250 | 115.0 | 0.0 | 25.0 | 2.00 |
| Morrisons Original Source 1899 | 1000 | 115.0 | 0.0 | 25.0 | 1.00 |
| Tesco Isotonic Sports Drink Raspberry x 4 | 500 | 115.0 | 0.0 | 26.5 | 1.26 |
| Oshee Orange Flavour Isotonic | 750 | 120.0 | 0.0 | 27.0 | 1.20 |
| Oshee Multifruit Flavour Isotonic | 750 | 120.0 | 0.0 | 28.5 | 1.20 |
| Tesco Blue Spark Energy x 6 | 250 | 120.0 | 0.0 | 25.5 | 1.50 |
| ASDA Original Blue Charge Stimulation | 1000 | 120.0 | 0.0 | 25.0 | 0.79 |
| Lucozade Sport Raspberry x 6 | 500 | 135.0 | 0.0 | 32.0 | 3.50 |
| ASDA Sport Orange Flavour Isotonic x 4 | 500 | 135.0 | 0.3 | 32.0 | 1.26 |
| Lucozade Sport Orange x 6 | 500 | 140.0 | 0.0 | 32.5 | 3.50 |
| Purdey's Rejuvenate Natural Energy | 330 | 150.0 | 0.0 | 31.5 | 1.35 |
| Scheckter's organic energy \* | 250 | 155.0 | 0.0 | 35.0 | 1.35 |
| Sunsoul Energy Drink Natural Passion Fruit | 250 | 160.0 | 0.0 | 37.5 | 0.70 |
| Scheckter's Ginger Energy \* | 250 | 165.0 | 0.0 | 40.0 | 1.45 |
| Lucozade Energy Wild Cherry | 1000 | 170.0 | 0.0 | 42.0 | 1.00 |
| Lucozade Energy Cherry x 6 | 380 | 170.0 | 0.0 | 42.0 | 2.50 |
| Lucozade Energy Orange x 8 | 380 | 175.0 | 0.0 | 42.0 | 3.50 |
| Lucozade Energy Apple Blast | 1000 | 175.0 | 0.0 | 42.0 | 1.00 |
| Lucozade Energy Orange | 1000 | 175.0 | 0.0 | 42.0 | 1.00 |
| Lucozade Energy The Brazilian Mango | 1000 | 175.0 | 0.0 | 42.5 | 1.00 |
| Lucozade Energy Caribbean Crush | 1000 | 180.0 | 0.0 | 43.5 | 1.00 |
| Lucozade Energy Original x 8 | 380 | 185.0 | 0.0 | 44.5 | 3.50 |
| Lucozade Energy Original | 1000 | 185.0 | 0.0 | 44.5 | 1.00 |
| Coke Energy | 250 | 210.0 | 0.0 | 51.5 | 1.25 |
| Oshee Vitamin & Mineral Energy Drink \*\* | 250 | 225.0 | 0.0 | 55.0 | 0.60 |
| Oshee Vitamin Energy Mint-Lime-Lemon Flavour \*\* | 250 | 225.0 | 0.0 | 55.0 | 0.50 |
| Red Bull | 250 | 230.0 | 0.0 | 55.0 | 1.00 |
| Red Bull x 8 | 250 | 230.0 | 0.0 | 55.0 | 7.50 |
| Red Bull Tropical Edition Energy | 250 | 230.0 | 0.0 | 55.0 | 1.25 |
| Monster Energy x 4 | 500 | 235.0 | 0.0 | 60.0 | 4.00 |
| Monster Energy x 8 | 500 | 235.0 | 0.0 | 60.0 | 7.75 |
| Mountain Dew Energy Drink \*\* | 1000 | 240.0 | 0.0 | 65.0 | 1.80 |

* Values shown per 500 ml serving

\* shown as KJ nor Calories on Waitrose website

\*\* Subject to sugar tax

| Suggested Brands | Weight (ml) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Coke Energy No Sugar | 250 | 1 | 0 | 0 | 1.00 |
| Tesco Blue Spark Sugar Free Energy | 1000 | 1 | 0 | 0 | 0.79 |
| Tesco Blue Spark Sugar Free Energy x 6 | 250 | 1 | 0 | 0 | 1.50 |
| Monster Energy Ultra x 8 | 500 | 2 | 0 | 0.9 | 6.75 |
| Monster Energy Ultra Sugar Free | 500 | 2 | 0 | 0.9 | 1.25 |
| Kx Sugar Free Energy x 4 | 500 | 2 | 0 | 0 | 2.50 |
| Kx Sugar Free Ice Energy x 4 | 500 | 2 | 0 | 0 | 2.50 |
| Monster Energy Ultra Violet x 4 | 500 | 2.6 | 0 | 1.4 | 3.50 |
| Red Bull Sugar Free x 8 | 250 | 3 | 0 | 0 | 7.00 |
| Morrisons Original Source 1899 Sugar Free | 1000 | 3 | 0 | 0.1 | 1.00 |
| Muscle Moose - Moose Juice Extreme Energy | 500 | 3 | 0 | 0.33 | 1.75 |
| Muscle Moose - Moose Juice Extreme Energy - Berry Flavour | 500 | 3 | 0 | 0.33 | 1.75 |
| Muscle Moose - Moose Juice Extreme Energy - Green Apple | 500 | 3 | 0 | 0.33 | 1.75 |
| ASDA Blue Charge Diet Summer Fruits Stimulation | 250 | 3 | 0 | 0.2 | 0.45 |
| Kx No Added Sugar Carnival Energy x 4 | 500 | 5 | 0 | 0.7 | 2.50 |
| Kx No Added Sugar Live Energy | 500 | 5 | 0 | 0.7 | 2.50 |
| ASDA Diet Blue Charge x 8 | 250 | 5 | 0 | 0.4 | 2.00 |
| ASDA Diet Blue Charge Stimulation | 1000 | 5 | 0 | 0.2 | 0.79 |
| Warrior Power Unleashed Energy Drink x 4 | 250 | 16 | 0 | 3.5 | 1.00 |
| Tesco Kx Energy x 4 | 500 | 18 | 0 | 4.1 | 2.50 |
| Carabao Green Apple Energy | 330 | 19 | 0 | 4.5 | 0.90 |
| Carabao Mandarin Orange Energy | 330 | 19 | 0 | 4.5 | 0.90 |
| Tenzing Energy Drink Raspberry & Yuzu | 250 | 19 | 0 | 4.5 | 1.29 |
| Scheckter's energy lite \* | 250 | 20 | 0 | 4 | 1.35 |
| Black Energy Drink Classic | 250 | 20 | 0 | 4.8 | 0.65 |
| Black Energy Drink Mojito | 250 | 20 | 0 | 4.7 | 0.60 |
| Tiger Energy | 250 | 21 | 0 | 4.9 | 0.50 |
| V Energy Drink | 250 | 21 | 0 | 4.7 | 0.99 |
| Tesco Blue Spark Original | 1000 | 21 | 0 | 4.8 | 0.79 |
| Rockstar Punched Guava Energy x 4 | 500 | 22 | 0 | 4.9 | 3.50 |
| Oshee Lime-Mint Flavour Isotonic | 750 | 23 | 0 | 5.4 | 1.20 |
| Morrisons Original Source 1899 x 6 | 250 | 23 | 0 | 5 | 2.00 |
| Morrisons Original Source 1899 | 1000 | 23 | 0 | 5 | 1.00 |
| Tesco Isotonic Sports Drink Raspberry x 4 | 500 | 23 | 0 | 5.3 | 1.26 |
| Oshee Orange Flavour Isotonic | 750 | 24 | 0 | 5.4 | 1.20 |
| Oshee Multifruit Flavour Isotonic | 750 | 24 | 0 | 5.7 | 1.20 |
| Tesco Blue Spark Energy x 6 | 250 | 24 | 0 | 5.1 | 1.50 |
| ASDA Original Blue Charge Stimulation | 1000 | 24 | 0 | 5 | 0.79 |
| Lucozade Sport Raspberry x 6 | 500 | 27 | 0 | 6.4 | 3.50 |
| ASDA Sport Orange Flavour Isotonic x 4 | 500 | 27 | 0.05 | 6.4 | 1.26 |
| Lucozade Sport Orange x 6 | 500 | 28 | 0 | 6.5 | 3.50 |
| Purdey's Rejuvenate Natural Energy | 330 | 30 | 0 | 6.3 | 1.35 |
| Scheckter's organic energy \* | 250 | 31 | 0 | 7 | 1.35 |
| Sunsoul Energy Drink Natural Passion Fruit | 250 | 32 | 0 | 7.5 | 0.70 |
| Scheckter's Ginger Energy \* | 250 | 33 | 0 | 8 | 1.45 |
| Lucozade Energy Wild Cherry | 1000 | 34 | 0 | 8.4 | 1.00 |
| Lucozade Energy Cherry x 6 | 380 | 34 | 0 | 8.4 | 2.50 |
| Lucozade Energy Orange x 8 | 380 | 35 | 0 | 8.4 | 3.50 |
| Lucozade Energy Apple Blast | 1000 | 35 | 0 | 8.4 | 1.00 |
| Lucozade Energy Orange | 1000 | 35 | 0 | 8.4 | 1.00 |
| Lucozade Energy The Brazilian Mango | 1000 | 35 | 0 | 8.5 | 1.00 |
| Lucozade Energy Caribbean Crush | 1000 | 36 | 0 | 8.7 | 1.00 |
| Lucozade Energy Original x 8 | 380 | 37 | 0 | 8.9 | 3.50 |
| Lucozade Energy Original | 1000 | 37 | 0 | 8.9 | 1.00 |
| Coke Energy | 250 | 42 | 0 | 10.3 | 1.25 |
| Oshee Vitamin & Mineral Energy Drink \*\* | 250 | 45 | 0 | 11 | 0.60 |
| Oshee Vitamin Energy Mint-Lime-Lemon Flavour \*\* | 250 | 45 | 0 | 11 | 0.50 |
| Red Bull | 250 | 46 | 0 | 11 | 1.00 |
| Red Bull x 8 | 250 | 46 | 0 | 11 | 7.50 |
| Red Bull Tropical Edition Energy | 250 | 46 | 0 | 11 | 1.25 |
| Monster Energy x 4 | 500 | 47 | 0 | 12 | 4.00 |
| Monster Energy x 8 | 500 | 47 | 0 | 12 | 7.75 |
| Mountain Dew Energy Drink \*\* | 1000 | 48 | 0 | 13 | 1.80 |

* Values shown per 100 ml

\* shown as KJ nor Calories on Waitrose website

\*\* Subject to sugar tax

Supermarkets Tested

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Iceland |
| YES | YES | YES | YES | YES | YES |

*N/A Indicates Either Nutrition Information Not Available on the Company’s Website or the Company Doesn’t Supply This Brand*