

Breaking News English.com

Sugar overdose warning for coffee chain festive drinks – 7th December, 2019

Level 0

A health group warned about sugar in coffee shop drinks. Many cafes are adding extra sugar to drinks before Christmas. Action on Sugar (AOS) researched over 200 hot drinks. It said some drinks had 23 spoons of sugar. It said people with obesity, diabetes and other health problems should check what they are drinking.

Action On Sugar went to nine cafe chains. The unhealthiest drink was a Starbucks hot chocolate, with 93.7g of sugar and 758 calories - the same as three cans of Coke. Starbucks said it is reducing sugar in all its drinks. AOS said coffee chains should use less sugar. It is a big cause of obesity, type 2 diabetes and tooth decay.

Level 1

A health group warned about the sugar in drinks in coffee shops. Many cafes are adding extra sugar and syrup to drinks before Christmas. Action on Sugar (AOS) carried out research on sugar in over 200 hot drinks in coffee chains. It found that some drinks had as much as 23 spoons of sugar. AOS said it found "shockingly" high levels of sugar in many drinks. It said people with obesity, diabetes and other health problems should check what they are drinking.

Action On Sugar went to nine different cafe chains. It said the unhealthiest drink was a Starbucks hot chocolate that had 93.7g of sugar and 758 calories. It has as much sugar as three cans of Coke. Starbucks said it is reducing sugar in all its drinks and has cut sugar content by 9 per cent since 2015. AOS said: "The hospitality industry...must help to reduce the amount of sugar, [which] is one of the biggest causes of obesity, type 2 diabetes and tooth decay."

Level 2

A health group warned people to be careful about the sugar in drinks in coffee shops. Many cafes in the UK are adding extra sugar and syrup to drinks in the run-up to Christmas. The health group, Action on Sugar (AOS), carried out research on sugar in hot drinks in coffee chains around the country. It found that some drinks had as much as 23 spoons of sugar. It checked over 200 different drinks. AOS said it found "shockingly" high levels of sugar in many drinks. An AOS spokesperson said people with obesity, diabetes and other health problems should check what they are drinking.

Action On Sugar went to nine different coffee shop chains. It said the unhealthiest drink was the Starbucks "Venti" caramel hot chocolate. It contained 93.7g of sugar and 758 calories. It has as much sugar as three cans of Coca-Cola. Starbucks said: "We are committed to reducing sugar in all our beverages." It has cut sugar content by 9 per cent since 2015. AOS said: "The hospitality industry has a key role to play in being transparent. It must help to reduce the amount of sugar we consume. Sugar is one of the biggest causes of obesity, type 2 diabetes and tooth decay."

Level 3

A health group has warned people to be careful about how much sugar is in their drinks when they go to coffee shops. Many cafes in the UK are adding extra sugar and syrup to their festive drinks in the run-up to Christmas. The health group is called Action on Sugar (AOS). It carried out research on how sweet hot drinks were in coffee chains around the country. It found that some lattes and hot chocolates contained as much as 23 spoons of sugar. It analysed over 200 different drinks. The researchers said they found "shockingly" high levels of sugar in many of the drinks. An AOS spokesperson said people with obesity, diabetes and other health conditions needed to check what they were drinking.

Action On Sugar analysed drinks from nine different coffee shop chains. It found the unhealthiest drink was the Starbucks "Venti" caramel hot chocolate. It contained 93.7g of sugar and 758 calories. AOS says it has as much sugar as three cans of Coca-Cola. A spokeswoman for Starbucks said: "We are committed to reducing sugar in all our beverages and since 2015 we've delivered a nine per cent reduction in the sugar content." Katharine Jenner, a director at AOS, said: "The hospitality industry has a key role to play in being transparent. It must help to reduce the amount of sugar we consume. Sugar is one of the biggest causes of obesity, type 2 diabetes and tooth decay."

More free lessons, listening & online quizzes at breakingnewsenglish.com - Copyright Sean Banville 2019