

About us

Together, Coca-Cola Amatil NZ and Coca-Cola Oceania manufacture, market and distribute more than 100 beverage products in New Zealand. These include all of the products listed in this brochure.

Coca-Cola's contribution to the New Zealand community includes the annual Coca-Cola Christmas in the Park events in Auckland and Christchurch; the Coca-Cola Careers Expo in Dunedin, Wellington, Christchurch and Auckland; and partnering with the National Association of Out of School Care and Recreation (OSCAR) to implement a physical activity programme available to 75,000 young New Zealanders.

For more information and more copies of this brochure please call 0800 505 123

The Coca-Cola Company

COCA-COLA  AMATIL
NEW ZEALAND



life's full of choices



what's yours?



A guide to making healthy beverage choices



what's yours?



balance



A healthy body weight is all about balance. Most of us need to be physically active and watch what we eat and drink to make sure our weight stays at a healthy level.

But many things make balancing the amount of energy we take in with the amount we burn up through activity and exercise very difficult.

At Coca-Cola we realise that some people eat and drink too much and don't get enough exercise. Non-alcoholic drinks are only one part of this complicated problem.

While many people who have a healthy body weight can and do enjoy our sugar containing fizzy drinks and juices, we know that these products should be consumed in moderation – especially by people who are watching their weight.

To help people who are fighting the battle of the bulge, or those who just prefer less sugar, we have extended our range of low sugar options. Around 30% of the fizzy drinks we offer are low or sugar free drinks and we also provide a range of waters and flavoured waters.

Fruit juices contain about the same amount of sugar as regular fizzy drinks, but also provide vitamins and minerals. The Ministry of Health recommendations of five+ servings of fruit and vegetables a day specifically allows for one glass of juice to be counted as a maximum of one of these servings.



choice

What you choose to drink counts

Keeping your weight at a healthy level depends on eating a balanced diet with a range of different types of foods and drinks and doing regular physical activity. If you have the balance right, most people can enjoy all foods and drinks in moderation.

When choosing what to drink, remember to think about the energy content. In most non-dairy drinks, the energy comes from sugar.

If you want to limit how much sugar you are consuming, diet and light fizzy drinks, flavoured waters and plain mineral waters are good choices.

healthy

Tips for making healthy choices

- Remember that drinks can contain energy and this should be considered when thinking about you or your child's total food and drink intake.
- Energy input from both food and drink needs to be matched with energy output in order to maintain a healthy weight.
- If your energy output is low it is more sensible to choose a low energy drink.





nutrition

How do I choose?

Nutrition panels on drinks tell you the levels of energy, protein, sugar and fat in the drink along with other information. This is provided per 100ml of product – if you're drinking the whole bottle, or even a glass (250ml), you need to work out how much energy, sugar and fat are in the entire serving or amount you drink.

Coca-Cola, for example, has 10.6g of sugar per 100ml. This means a 355ml can has around 38g of sugar.

Nutrient levels in popular drinks (per 100mL)

Drink	Energy (kJ)	Total sugar (g)	Total fat (g)	Total protein (g)	Calcium (mg)	Vitamin C (mg)
Chocolate Milk	291	9.3	2.2	3.3	95	0.9
Smoothie*	236	8.8	1.2	2.5	70	16.0
Whole Milk	277	4.4	4.0	3.3	114	1.4
Orange Juice	182	10.3	0	0.6	9	32
Skim Milk	173	5.2	0.4	4.3	145	1.3
Coca-Cola	180	10.6	0	0	4	0
Diet Coke	1.5	0	0	0	1	0
Pump	0	0	0	0	2	0

*made with milk, fruit juice, fruit and yoghurt

children

Choices for children

If you are a parent and not sure what drinks to provide for your children, the following advice may be useful:

- Children need plenty of fluid to keep their bodies working; they need to drink more when they are active and when it is hot.
- For most children who have a healthy body weight, all drinks can be enjoyed in moderation.
- The Ministry of Health's *Eating for Healthy Children Age 2 -12* suggests parents save food and drinks high in sugar, salt and fat for treats.



sweet

Should I be worried about Aspartame?

There are a lot of rumours and misleading claims on the internet about the artificial sweetener Aspartame. The New Zealand Food Safety Authority (NZFSA) has given this product a clean bill of health, along with the UK Food Standards Agency, the European Union's Scientific Commission on Food and the US Food and Drug Administration.

The NZ Food and Safety Authority website www.nzfsa.govt.nz says the following about aspartame:

"There is no scientific evidence of any significant adverse effects at a daily intake of aspartame far beyond current usage."

"There are clear benefits in consuming foods sweetened with aspartame or other artificial sweeteners, for people who need to limit their intake of sugars and or reduce their energy intake. Aspartame is well tolerated by healthy adults and children."

The Coca-Cola range of beverages

Nutrition profile per 100mL							
Type	Brand	Uses & Occasions	Energy	Sugars	Sodium	Caffeine	Sweeteners
Sugar carbonated soft drinks	Coca-Cola	Can be enjoyed by most people as part of a balanced diet and healthy lifestyle. Anyone concerned about weight and sugar intake should consider a diet or lite option.	180kJ	10.6g	10mg	9.7mg	Sugar
	Fanta		212kJ	12.3g	15mg	0mg	Sugar from fruit concentrate + Sugar
	Sprite		175kJ	10.2g	5mg	0mg	Sugar
	Schweppes Dry Ginger Ale		169kJ	9.8g	10mg	0mg	Sugar
	L&P		188kJ	10.8g	10mg	0mg	Sugar
Diet & Lite carbonated soft drinks	Diet Coke	Ideal for those who want to consume less energy and sugar to maintain a healthy body weight.	1.5kJ	0g	15mg	12.8mg	Aspartame, ASK
	Fanta Lite		11.5kJ	0.4g	13mg	0mg	Aspartame, ASK
	Sprite Zero		4.4kJ	0g	15mg	0mg	Aspartame, ASK
	L&P Sweet As		5.3kJ	0g	7mg	0mg	Aspartame, ASK
Water	Pump	Water is perfect for ensuring adequate hydration and great as an anytime thirst quencher.	0.1kJ	0g	1mg	0mg	None
	Kiwi Blue		0.1kJ	0g	1mg	0mg	None
	Aquashot (e.g. Berry)	Our flavoured waters contain some sugar (from fruit juice) but are relatively low energy alternatives to plain water. Also includes vitamins B3, B5, B6, B9 and B12.	44kJ	2.5g	3mg	0mg	Sugar from fruit concentrate + Fructose
Sports drinks	Powerade (e.g. Lemon & Lime)	Powerade is specially formulated for sporty active people who need rapid rehydration. It is a fast, effective source of fluids, electrolytes and energy-yielding carbohydrates.	136kJ	6.2g	25mg	0mg	Sugar
Juices & Juice drinks	Keri Original (e.g. Orange)	Juices provide fluid and valuable vitamins and minerals. Juices contain similar levels of sugar to soft drinks. A small glass of juice can be included as a maximum of one of the five servings of fruit and vegetables a day recommended for healthy diets.	182kJ	8.3g	9mg	0mg	Sugar from fruit concentrate
	e2 (e.g. Applecrush)	Juice drinks contain a small amount of fruit juice, added minerals and vitamins, water and added sugar.	174kJ	9.9g	20mg	0mg	Sugar from fruit concentrate + Sugar
Energy drinks	Lift+	Energy drinks are designed for busy people who want an energy boost. Being high in energy they should be consumed in moderation and are not recommended for children, pregnant or lactating women, or people sensitive to caffeine.	208kJ	11.7g	24.5mg	14.5mg	Sugar
	Lift+ Sugar Free	Sugar free energy drinks contain caffeine and other energy boosting ingredients but do not have any sugar. They are not recommended for children, pregnant or lactating women, or people sensitive to caffeine.	9kJ	0g	24mg	14.5mg	Aspartame, ASK
	e2 Energy (e.g. Berry Blast)	Energy drinks are designed for busy people who want an energy boost. Being high in energy they should be consumed in moderation and are not recommended for children, pregnant or lactating women, or people sensitive to caffeine.	195kJ	10.8g	20mg	30mg	Sugar from fruit concentrate + Sugar

This table has information on some of the brands we offer. You can get more details about all Coca-Cola products by calling 0800 505 123.

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