

No-Sugar Beverages

What are no-sugar beverages?

'No-sugar beverages' (NSBs) is the category name for non-alcoholic beverages that do not contain naturally occurring or added sugar and typically have little energy (kilojoule) content.

The drinks industry develops NSBs so consumers have the option to choose a no-sugar alternative to their sugar-sweetened beverage of choice.

Examples

- Flavoured waters
- Sports drinks
- Energy drinks
- Carbonated soft drinks (CSDs)
- Cordials



These drinks typically contain non-sugar sweeteners (NSS) to fully replace the sugar, therefore removing total sugar and total energy (kilojoule) content.

Non-sugar sweeteners' (NSS) impart a sweet taste without significantly contributing to the energy content. They're used in beverages so Aussies can enjoy no-sugar varieties of their favourite drinks.

For more information on NSS, check out the [FSANZ website](#) and the [ABCL website](#).

How to spot a no-sugar beverage...

Beverage companies may use claims like "no-sugar", "sugar-free" or "zero-sugar" to help consumers easily identify NSBs. You can also check the Nutrition Information Panel (NIP) on the back of the container.

Milk and juice are not NSBs. These contain naturally occurring sugars. Those that claim "no added sugar" still indicate sugar in the NIP, which is that coming from milk or juice.

Nutrition Information		
Servings per package: 1		
Serving size: 250 mL		
Average Quantity	Per Serving	Per 100 mL
Energy		
Protein		
Fat, total		
- saturated		
Carbohydrate		
- sugars	0g	0g
Dietary Fibre		
Sodium		



No-sugar beverages as part of a balanced diet

As part of an overall healthy, balanced and varied diet, Aussies can continue to choose NSBs:

- to support hydration
- to help manage sugar intake
- as replacements for beverages with higher energy content

In consultation with health practitioners, NSBs may also be helpful for those managing their weight, or diabetes¹ and would like to enjoy sweet-tasting beverages without the sugar content.

Aussies have more choice than ever before, with a range of no-sugar refreshing alternatives and in smaller pack sizes – a drink suited for every occasion.

¹<https://www.sweeteners.org/latest-science-post/new-evidence-about-the-role-of-low-no-calorie-sweeteners-in-sugar-and-calorie-reduction-weight-management-and-diabetes/>