《双语：星巴克的咖啡糖分究竟有多重?》

Flavored drinks sold by chains like Starbucks may contain up toa whopping 25 teaspoons of sugar,according to a new analysisby a British campaign group Action on Sugar.

??25??????

That’s about as much sugar in three 12-ounce cans of Coke andmore than three times the maximum adult daily intakerecommended by the American Heart Association.

??????3?12????????????????????????????????

The report flagged 98 percent of hot flavored drinks from major coffee chains in the U.K. forcontaining excessive levels of sugar, with 35 percent having 9 teaspoons of sugar ormore.Although the focus of the study was on drinks sold in the U.K., the nutritional informationfound on the companies’ websites show that the amount of sugar used is similar in the U.S. and inother countries.

????????????????98%????????????????35%???9???

Seven of the 10 drinks with the most sugar are sold at Starbucks. At the top of the list was aventihot mulled fruit drink flavored with grape, chai, orange and cinnamon, clocking in at 25 teaspoonsof sugar per serving. A venti white chocolate mocha with whipped cream has 18 teaspoons ofsugar; a venti chai latte has 13; and the seasonal pumpkin spice latte has 10.

????????10???7???25?????????????????????????????18????;????????????13??;??????????????10???

The report includes a comprehensive plan in which it recommends all unhealthy food and drinkreduce their sugar and fat content by 50 and 20 percent, respectively. It also suggests a 20percent tax on all sugar-sweetened drinks and a ban on any advertisements of unhealthy food anddrink aimed at children.

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In response to the survey, a Starbucks spokesperson said that the chain plans to cut added sugarin its drinks by 25 percent by the end of 2020. “We also offer a wide variety of lighter options,sugar-free syrups and sugar-free natural sweeter, and we display all nutrition information in-storeand online,” the spokesperson said.

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