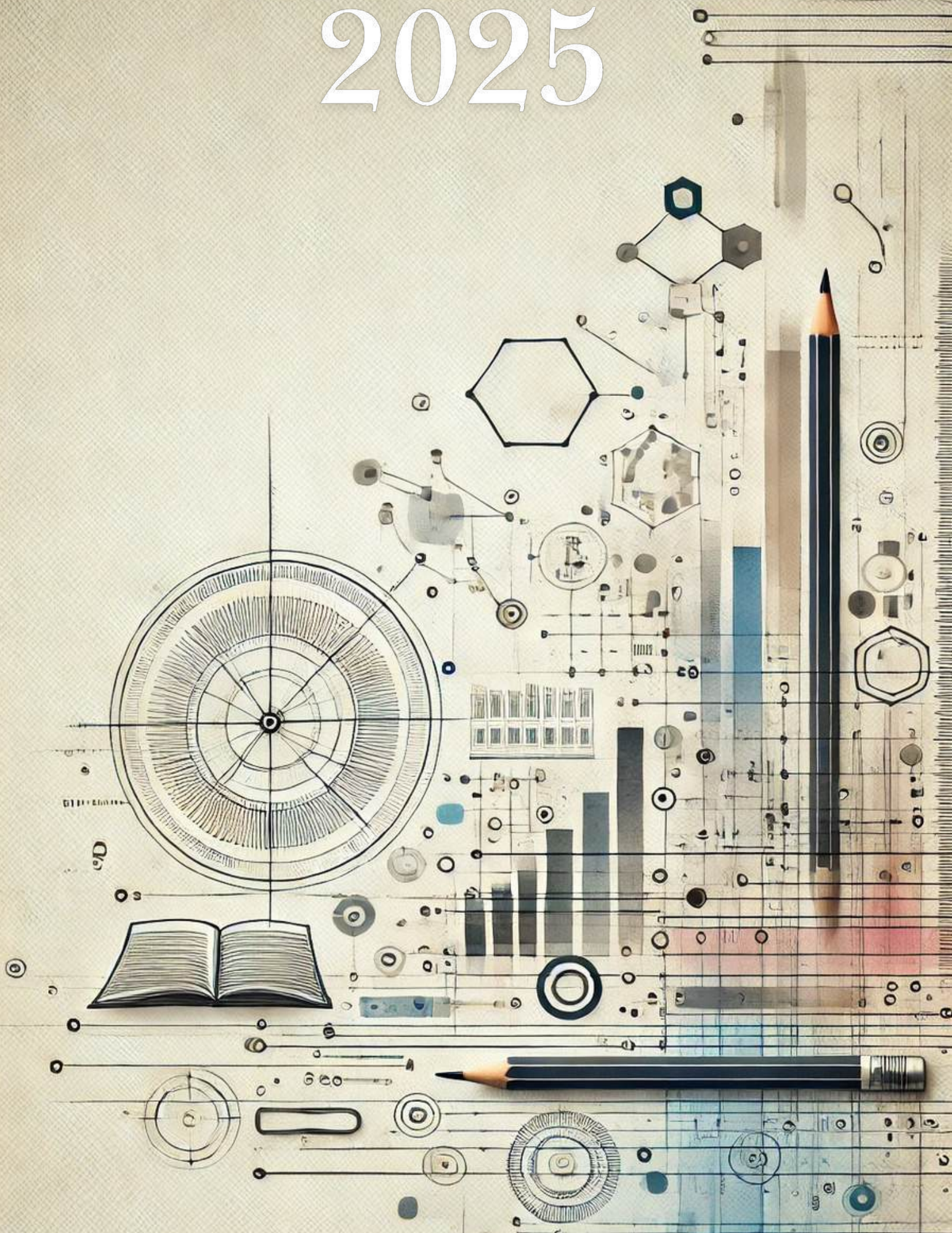


CANTEEN AUDIT 2025



Sucrose

Sugar

Sugar is a highly addictive substance.

When sugar is combined with fat, it creates a potent mixture that can have significant negative effects on health and eating behaviour:

Sugar and fat together trick your brain into wanting more, so you eat more than you need.

The combination makes you gain weight more easily than just eating sugar or fat alone.

People who get 20% of their calories from sugar are 38% more likely to die from heart disease than those who get only 8% of their calories from sugar.



Quantity Per 100g / 100mL	
Energy	370.00kJ
Protein	3.10g
Fat, Total	3.40g
– Saturated	2.20g
Carbohydrate	11.20g
– Sugars	11.20g
Dietary Fibre	-
Sodium	36.00mg

Quantity Per 100g / 100mL	
Energy	180.0kJ
Protein	0.0g
Fat, Total	0.0g
– Saturated	0.0g
Carbohydrate	10.6g
– Sugars	10.6g
Dietary Fibre	0.0g
Sodium	10.0mg

Quantity Per 100g / 100mL	
Energy	376.0kJ
Protein	3.5g
Fat, Total	3.4g
– Saturated	2.2g
Carbohydrate	11.0g
– Sugars	10.6g
Dietary Fibre	-
Sodium	50.0mg

E952

Sodium Cyclamate

Concerns about artificial sweeteners and cancer initially arose when early studies linked the combination of cyclamate plus saccharin (and, to a lesser extent, cyclamate alone) with the development of bladder cancer in laboratory animals, particularly male rats. (source).

Testicular atrophy has also been reported following chronic administration of sodium cyclamate in the diet (mostly at 5–10%) to rats. (source).

Waterfords Sparkling

Carbonated Water (94%) (Mineral Water (83%), Purified Water (11%)), Reconstituted Fruit Juices (5%) (Apple (4%), Lime (1%)), Food Acid (Citric), Natural Flavour, Preservative (211), Sweeteners 952, 955, 950), Natural Colour (Plant Extract)



E211

Sodium Benzoate

When sodium benzoate is combined with vitamin C and exposed to above room temperatures or light, the cancer-causing chemical benzene may form.

(source)

People who drank beverages containing high levels of sodium benzoate reported an increase in attention deficit hyperactivity disorder (ADHD) symptoms.

(source)

Genotoxicity concerns: Some studies suggest weak genotoxic effects and DNA damage in human lymphocytes in vitro.

(source)

Ingredients

Carbonated Mineral Water, Reconstituted Grape Juice (5%), Food Acid (Citric), Natural Flavours, Sweetener (955), Preservatives [211, 223 (Sulphites)], Natural Colour (163).
CONTAINS SULPHITES



E950

Acesulfame Potassium

Cancer risk: Recent large-scale studies have raised concerns. A population-based cohort study found associations between artificial sweeteners, especially aspartame and acesulfame potassium, and increased cancer risk.

[\(source\)](#)

Some studies have indicated potential negative effects of acesulfame Potassium on cognitive function. Another study showed that mice fed a diet containing acesulfame potassium for 4 weeks experienced a decrease in short-term and object cognitive performance

[\(source\)](#)

Studies have shown that acesulfame potassium consumption can alter the gut microbiota. A 4-week treatment with acesulfame potassium perturbed the gut microbiome, with effects being gender-specific.

[\(source\)](#)



Lipton Ice Tea Sugar Free

Water, Black Tea Extract (4%), Food Acids (330, 296, 331), Flavours, Antioxidant (300), Sweeteners (955, 950).

E155

Brown HT

Brown HT, also called Chocolate Brown HT, Food Brown 3, and C.I. 20285, is a brown synthetic coal tar diazo dye. When used as a food dye, its E number is E155. It is used to substitute cocoa or caramel as a colorant.

This study demonstrated that consumption of chocolate brown HT (E155), a commonly used azo dye, leads to the development and expansion of mammary tumors (breast cancer) It is banned in Austria, Belgium, Denmark, France, Germany, United States, Norway, Switzerland, and Sweden.

(source)



Carbohydrate	32.7 g	10.9 g
- sugars	31.8 g	10.6 g
Sodium	156 mg	52 mg
Calcium	354 mg (44% RDI*)	118 mg

*RDI – Recommended Dietary Intake

PASTEURISED HOMOGENISED FLAVOURED MILK

INGREDIENTS: MILK, CREAM (FROM MILK), SUGAR, MILK SOLIDS, COCOA (1%), MALTODEXTRIN, FLAVOURS, STABILISER (407), SALT, COLOURS (155, 133).

CONTAINS MILK.

MAY BE PRESENT: EGG, WHEAT, GLUTEN.

Made in Australia from at least 90% Australian ingredients

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10c REFUND AT COLLECTION DEPOTS/POINTS IN PARTICIPATING STATE/TERRITORY OF PURCHASE

KEEP REFRIGERATED BETWEEN 1 °C AND 5 °C. STORE IN AN UPRIGHT POSITION. SHAKE WELL BEFORE OPENING. BEST CONSUMED WITHIN 4 DAYS OF OPENING.

Lactalis Australia Pty Ltd
Level 5, 35 Boundary Street
South Brisbane QLD 4101
CONTACT US: 1800 676 961
or visit lactalis.com.au
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E120

Cochineal

The cochineal is a scale insect in the suborder Sternorrhyncha, from which the natural dye carmine is derived. A primarily sessile parasite native to tropical and subtropical South America through North America.

Carminic acid, typically 17–24% of dried insects' weight, can be extracted from the body and eggs, then mixed with aluminium or calcium salts to make carmine dye, also known as cochineal. Today, carmine is primarily used as a colourant in food and lipstick.



Juice

“Concentrate”

Drinks containing *fruit concentrate*, often advertise themselves as ‘real juice’ or ‘100% juice’. In reality they are creatively disguised sugar drinks

Fiber loss: The concentration process removes most of the beneficial fiber found in whole fruits.

Nutrient loss: Most nutrients, particularly heat-sensitive vitamins like B and C, almost entirely removed during the concentration process.

Higher calorie and sugar content: Juice concentrates often contain more calories and sugar per serving than whole fruits. However still claim ‘no added sugar’.

Blood sugar spikes: Due to the lack of fiber and concentrated sugars, juice concentrates can cause larger spikes in blood sugar levels compared to whole fruits.

