

ABSTRACT:

Sugars in sugar-sweetened beverages especially soft drinks are responsible for obesity, type 2 diabetes, dyspepsia, peptic ulceration, myocardial infarction and dental caries. The sugar contents in various soft drinks, natural fruit juices and bottled fruit juices were analyzed using Abbe Refractometer. The results showed that the sugar contents per 500ml are much higher than the daily intake of sugar recommended by WHO. The comparison of Brix values of various natural and bottled fruit juices showed that in case of apple, grapes and pineapple the brix values of the natural juices were higher in comparison to the bottled fruit juices while in orange and pineapple the brix values were higher in bottled juices in contrast to natural fruit juices. A comparison of sugar contents of various soft drinks using the Abbe Refractometer and Literature showed that the values of sugar contents of Coca-Cola, Pepsi, Mountain Dew, and Sheezan are lower when obtained using the Abbe Refractometer than that of already present in literature. While the sugar contents of Sting and Sprite were higher when obtained by Abbe Refractometer.