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## Using Refractometer to Determine the Sugar Content in Soft Drinks Commonly Consumed In Birnin Kebbi, Nigeria

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1. Introduction Soft drink is a non-alcoholic beverage that typically contains carbonated water, a sweetener and a natural or artificial flavouring agent and any other additives such as caffeine, colorant, preservatives etc. However, the level of sugar in drinks plays a vital role in our bodies and as such determination of its level will never be over emphasized. Brix value depicts the sugar level in drinks. Refractometer is used in this research for its simplicity and effectiveness. In view of this, the research is aimed to determine the brix value and refractive indices in some selected soft drinks available in Birnin Kebbi market with the aim of attracting the attention of the regulatory authorities and helping the un-informed consumers to make a healthful choice. Ten (10) different soft drinks were used and results were obtained.
2. Results Pop Up has the highest brix value; 21.9 and also a refractive index of 1.367. While Tropical Big Cola has the lowest brix value; 14.4 and a refractive index of 1.354. The entire results has a range of 14.4 – 21.9 for brix value and 1.354 - 1.367 for refractive index which are all within the safe range of consumption. However, further research is recommended to determine other physicochemical properties of the soft drinks with a view to ensure the standard.

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