

# DRINKS

## Sugar and calories per serving:

Drinks/Juices-Non Carbonated: (8 fluid ounce serving)			Carbonated Beverages: (12 fluid ounce serving)		
	<u>Tsp Sugar</u>	<u>Calories</u>		<u>Tsp Sugar</u>	<u>Calories</u>
Alpine Spiced Cider	5	80	Blue Sky Cola	11	170
Apple Juice			C2	4-1/2	70
Martinelli's	7-1/4	140	Cherry Coke	10-1/2	150
Tree Top	6-3/4	120	Citra	9-1/2	150
Big Pouch Mtn Cooler (11.25 oz)	9.5	152	Coca-Cola Classic	9-3/4	140
Brisk - Lemon	5-1/2	92	Cream Soda - A&W	11-1/2	180
Capri Sun (9.6 fl oz serving)			Crush- Orange	13	210
Fruit Punch	6-1/2	110	Dr Pepper	10	150
Wild Cherry	6-1/2	110	Fanta Strawberry	12	180
Strawberry	6-1/2	110	Fanta Orange	11	160
Country Time Lemonade	3- 3/4	70	Ginger Ale - Canada Dry	8-1/4	120
Frappuccino (3 grams fat)			Mello Yellow	11-3/4	170
Coffee (9.5 fl. oz.)	7-3/4	210	Minute Maid Fruit Soda	12-1/4	200
Carmel (9.5 fl. oz.)	7-3/4	200	Mountain Dew	11-1/2	170
Vanilla (9.5 fl. oz.)	7-3/4	200	Mountain Dew Red	11-1/4	170
Fruitopia- Strawberry Passion	7-1/2	120	Pibb Xxta	9-3/4	140
Gatorade - Cool Blue	3- 1/2	50	Pepsi	10-1/4	150
Gatorade - Berry Citrus	3 1/2	50	Pepsi - Wild Cherry	10-3/4	160
Hawaiian Punch	7	120	Red Fusion	9-1/4	150
Hershey's Chocolate	5 1/4	90	Root Beer - A&W	11-1/2	170
Hershey's Strawberry	6-1/4	100	Root Beer - Barq's	11-1/4	160
Hi-C Blast Fruit Punch	7- 3/4	120	Root Beer - Kempers	9-1/2	160
Juicy Juice			Root Beer - Mug	10-3/4	160
Berry	6 1/2	120	7-Up	9-3/4	140
Cherry	6 1/2	120	Spritzer Red Raspberry	10-1/2	170
Kool Aid - Grape	4	60	Sierra Mist	9-3/4	150
Minute Maid (6.75 fl. oz.)			Slice - Orange	12-1/2	190
Berry Punch	7-1/4	120	Sprite	11-1/4	140
Clear Cherry	6-3/4	100	Sprite Remix	9-3/4	150
Pink Lemonade	7-1/4	110	Squirt	9-1/4	150
Nesquick Chocolate Milk	6-3/4	230	Sunkist	13	195
Nesquick Vanilla Milk	7-1/4	185	Vanilla Coke	10-1/2	150
Snapple- Cranberry Raspberry	6-3/4	120			
Snapple- Kiwi Strawberry	6-1/2	110	<b>Cocoa Products:</b>		
SoBe Energy	7 1/2	120	<b>(8 fluid ounce serving)</b>	<b><u>Tsp Sugar</u></b>	<b><u>Calories</u></b>
SoBe Karma	7-3/4	120	Carnation Rich Chocolate	5	137
Sunny Delight	8	130	Carnation Chocolate Malt	4-1/2	133
Tang	7-1/2	120	Hershey's Chocolate Rasp.	4-1/2	150
Yoplait nouriche Raspberry (11 oz)	5-1/2	280	Nesquik- Nestle - (2 Tbsp)	3-1/4	80
Yoplait Nouriche Peach (11 oz)	5-1/2	280	Ovaltine Rich Choc (4 Tbsp)	4-1/2	80
White Grape Juice Welch's	9-1/2	160	Swiss Miss- Milk Chocolate	4-1/4	120
			Swiss Miss-Choc. Sensation	5-1/4	150

To find the teaspoons of sugar in 1 serving: Look at Nutrition Facts label for "Sugars" in grams. Divide this number by 4. **EXAMPLE:** Mountain Dew 46 grams sugar = 11-1/2 teaspoons sugar