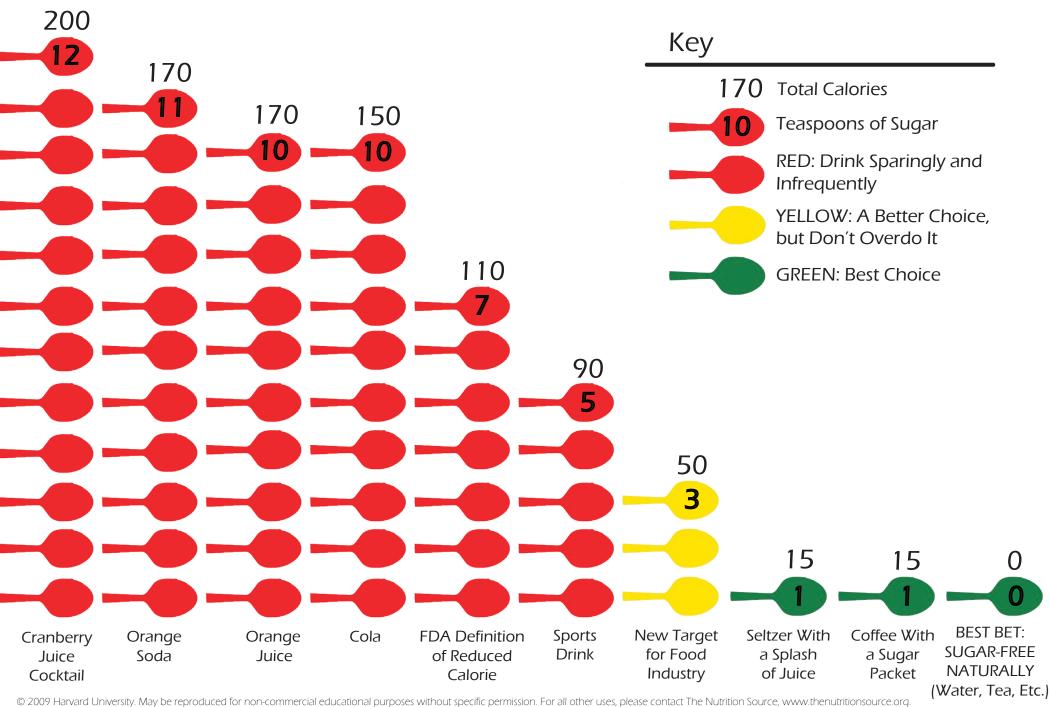
How Sweet Is It?

Calories and Teaspoons of Sugar in 12 Ounces of Each Beverage

For more information, see The Nutrition Source, www.hsph.harvard.edu/nutritionsource/healthy-drinks/



Calories, Grams of Sugar, and Teaspoons of Sugar in 12 Ounces of Each Beverage

RED: Drink Sparingly and Infrequently >12 g sugar/12 oz

YELLOW: A Better Choice, but Don't Overdo It 6 to 12 g sugar/12 oz*

GREEN: Best Choice 0 to 5 g sugar/12 oz

1 TEASPOON OF SUGAR = 4.2 GRAMS OF SUGAR

The Nutrition Source does not endorse specific brands, and the inclusion of brand-name beverages on this list does not constitute an endorsement.

Calories, grams of sugar, and teaspoons of sugar are calculated or obtained from Nutrition Facts information provided by beverage manufacturers' Web sites. Values are calculated with the assumption that all carbohydrate is from sugar. Calculations are approximate, due to rounding. Some products are available in sizes that are smaller or larger than 12 ounces. Beverage manufacturers may change product formulation and availability at any time. Use beverage manufacturers' Web sites as the best source of information on nutrient content.

For complete source information, see www.thenutritionsource.org.

JCI	r, ariu reaspooris or suga			
Carl	oonated Soft Drinks	CAL	G	TS
Cari	A&W [®] Root Beer	180	47	1
	Blue Sky [®] Natural Orange Soda	160	44	1
	Coca-Cola® Classic	146	41	10
	Fanta® Orange	165	45	1.
	Mountain Dew [®]	170	46	1
	Pepsi [®] Cola	150	41	1
	Schweppes [®] Ginger Ale	120	34	
	Schweppes® Tonic Water	130	35	
100	% Juice			
	Apple and Eve [®] Naturally Cranberry 100% Juice	195	48	1
	Low Sodium V8 [®] 100% Vegetable Juice	75	12	
	Minute Maid [®] Orange Juice	165	41	1
	Mott's® Plus for Kids' Health Juice Apple Grape	195	48	1
	Naked [®] Juice 100% Juice Pomegranate Blueberry	225	54	1.
	POM Wonderful® 100% Pomegranate Juice	240	60	1
	Welch's [®] 100% Grape Juice	255	63	1
pai	rkling Juices and Sparkling Water			
	Fizz Ed. [™] Pomegranate Cherry	129	31	
	IZZE [®] Sparkling Grapefruit Juice	120	31	
	R.W.®Knudsen Lemon Lime	120	28	
	Poland Spring [®] Brand Sparkling Water	0	0	(
	Polar Seltzer [®] with Vanilla	0	0	(
we	etened Water and Flavored Water			
	Berry Bot [®] Fortified Water	40	10	
	Old Orchard [®] FruitSense [®] Accelerate Key Lime	68	18	
	Glacéau Vitamin Water® Essential	75	20	
	Hansen's [®] Organic Junior Water TM Beverage	85	23	
	Homemade Spa Water (recipe on www.thenutritionsource.org)	0	0	
	TalkingRain [®] Twist [™]	15	3	
	Wild Waters [™] Flippin' Fruit	75	20	
rui	t Punch and Fruit Drinks			
	Capri Sun [®] Juice Drink Strawberry Kiwi	125	34	ě
	Hawaiian Punch [®] Fruit Juicy Red	180	45	1
	Odwalla [®] Strawberry C-Monster [®]	240	57	1.
	Snapple [®] Fruit Punch Juice Drink	165	41] (
	SunnyD [®] Tangy Original Style	180	44	1 (

Ĵί	inces of Each Beverage			
		CAL	G	TS
Len	nonade			
	Minute Maid [®] Lemonade	150	42	10
	Newman's Own [®] Lightly Sweetened Lemonade	120	30	7
Spo	rts Drinks and Energy Drinks			
	Capri Sun [®] Sport [®] Sports Drink Lemon Lime	133	28	7
	Full Throttle [®] Original	167	44	10
	Gatorade [®] G [™] Orange	90	22	5
	Sport owater	53	14	-
	Odwalla® Serious Focus TM Apple Raspberry	255	60	14
	Red Bull®	165	40	10
	SoBe [®] Adrenaline Rush	195	51	12
	Vault™	179	48	11
Iced	d Tea			
	AriZona [®] Green Tea with Ginseng and Honey	105	27	6
	Steaz (Reg) Sparkling Green Tea, Raspberry	135	35	8
	Homemade Iced Green Tea with 1 Tsp of Sugar	16	4	1
	Homemade Iced Mint Tea, Unsweetened	0	0	C
	Honest Tea [®] Lori's Lemon Tea	45	12	3
	Lipton [®] Brisk Green	130	34	8
	Nestea® Sweetened Lemon Iced Tea	125	35	8
	Snapple [®] Earl Grey Black Tea	53	12	3
	Snapple® Iced Tea Peach	135	35	8
	Teas' Tea [®] Naturally Sweet Mango Oolong	60	14	3
Cof	fee Drinks			
	Full Throttle [®] Coffee + Energy Mocha	222	41	10
	Iced Coffee with 1 Teaspoon Sugar	16	4	1
	Panera Bread® Frozen Drink Caramel	435	62	15
	Starbucks [®] Mint Mocha Chip Frappuccino w/ Whipped Cream	360	57	14
Smo	oothies and Flavored Milk			
	Homemade Fruit Cooler (recipe on www.thenutritionsource.org)	18	4	1
	Jamba Juice [®] Mango Peach Topper™	375	63	15
	Naked [®] Juice Protein Zone [®] Banana Chocolate	360	59	14
	Nesquik [®] Ready-to-Drink Chocolate Milk, Reduced Fat	300	48	1.1
	Odwalla [®] Original Super Protein [®]	285	51	12
	Silk [®] Chocolate Soymilk	210	32	8
	Starbucks [®] Vivanno™ Banana-Chocolate Blend	270	28	7
	Stonyfield Farm [®] Raspberry Smoothie	276	47	11

^{*}Some yellow-category beverages listed in this chart have slightly more than 12 g sugar in 12 oz; they have been included because they are close to the 1g/oz guideline.