Sugar-Sweetened Beverages
Nutrition Facts Labels

A. Energy Drink

Nutrition Facts
Serving Size 8.4 fluid ounces (1g)
Servings Per Container 1

Amount Per Serving	
Calories 110	
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 205mg	**9%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 0g	**0%**
Sugars 27g	
Protein 0g	**0%**

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Carbonate water, **sucrose**, **glucose**, sodium citrate, taurine, glucoromolactone, caeffeine, calcium pantothenate, pyridoxine HCL, vitamin B12, artificial flavors, colors

B. Water

Nutrition Facts
Serving Size 8 fluid ounces
Servings Per Container 1

Amount Per Serving	
Calories 0	
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 0g	**0%**

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Water

C. Sweetened Tea

Nutrition Facts
Serving Size 8 fluid ounces
Servings Per Container 1

Amount Per Serving	
Calories 130	
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 0g	**0%**
Sugars 33g	
Protein 0g	**0%**

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Water, **glucose-fructose** and/or **sugar**, Natural flavors, citric acid, green tea. Sodium hexanetaphosphate, ascorbic acid, phosphoric acid, sodium benxoate, potassium sorbate, **honey**, calcium disodium EDTA, caramel color, dimethylpolysolocane, color.

D. Sports Drink

New Label!

Nutrition Facts
1 servings per container
Serving size **8 fluid ounces (2.5g)**

Amount Per Serving	
Calories	**50**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 110mg	**5%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 0g	**0%**
Total Sugars 14g	
Includes 14g Added Sugars	**28%**
Protein 0g	**0%**

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Water, **sugar**, **dextrose**, citric acid, natural flavor, salt, sodium citrate, monopotassium phosphate, modified food starch, Red #40, glycerol ester or rosin, caramel color.

E. Fruit Punch

Nutrition Facts
Serving Size 8 fluid ounces
Servings Per Container 1

Amount Per Serving	
Calories 120	
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 120mg	**5%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 0g	**0%**
Sugars 29g	
Protein 0g	**0%**

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Water, **high fructose corn syrup**., less than 2% of: concentrated juices (apple, clarified pineapple, passion fruit, orange), fruit purees (apricot, papaya, guava), ascorbic acid, citric acid, natural and artificial flavors, pectin, acacia gym, ester gum, Red #40, Blue #1, sucralose, potassium sorbate and sodium hexametaphosphate (preservatives).

F. Cola

New Label!

Nutrition Facts
1 servings per container
Serving size **8 fluid ounces**

Amount Per Serving	
Calories	**100**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 30mg	**1%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 0g	**0%**
Total Sugars 27g	
Includes 27g Added Sugars	**54%**
Protein 0g	**0%**

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Carbonated water, **sucrose**, caramel color, phosphoric acid, natural flavors, natural flavors, caffeine.