

Sugar-Sweetened Beverages Nutrition Facts Labels

A. Energy Drink



Nutrition Facts	
Serving Size 8.4 fl. oz. (1g)	
Amount Per Serving	
Calories 110	
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
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, glucomolactone, caeffeine, calcium pantothenate, pyridoxine HCL, vitamin B12, artificial flavors, colors.

B. Water



Nutrition Facts	
Serving Size 8 fl. oz.	
Amount Per Serving	
Calories 0	
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
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 fl. oz. (2g)	
Amount Per Serving	
Calories 130	
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
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, dimethylpolysiloxane, color.

D. Sports Drink



Nutrition Facts	
Serving Size 8 fl. oz. (2.5g)	
Amount Per Serving	
Calories 50	
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 110mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 0g	0%

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

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 fl. oz.	
Amount Per Serving	
Calories 120	
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
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



Nutrition Facts	
Serving Size 8 fl. oz.	
Amount Per Serving	
Calories 100	
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 30mg	1%
Total Carbohydrate 27g	9%
Dietary Fiber 0g	0%
Sugars 27g	
Protein 0g	0%

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

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