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/

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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 to12 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.

	CAL	G	TSP
Carbonated Soft Drinks			
A&W® Root Beer	180	47	11
Blue Sky® Natural Orange Soda	160	44	10
Coca-Cola® Classic	146	41	10
Fanta® Orange	165	45	13
Mountain Dew®	170	46	11
Pepsi® Cola	150	41	10
Schweppes® Ginger Ale	120	34	8
Schweppes® Tonic Water	130	35	8
100% Juice			
Apple and Eve® Naturally Cranberry 100% Juice	195	48	11
Low Sodium V8® 100% Vegetable Juice	75	12	3
Minute Maid® Orange Juice	165	41	10
Mott's® Plus for Kids' Health Juice Apple Grape	195	48	11
Naked® Juice 100% Juice Pomegranate Blueberry	225	54	13
POM Wonderful® 100% Pomegranate Juice	240	60	14
Welch's® 100% Grape Juice	255	63	15
Sparkling Juices and Sparkling Water			
Fizz Ed.™ Pomegranate Cherry	129	31	7
IZZE® Sparkling Grapefruit Juice	120	31	7
R.W.® Knudsen Lemon Lime	120	28	7
Poland Spring® Brand Sparkling Water	0	0	0
Polar Seltzer® with Vanilla	0	0	0
Sweetened Water and Flavored Water			
Berry Bot® Fortified Water	40	10	2
Old Orchard® FruitSense® Accelerate Key Lime	68	18	4
Glacéau Vitamin Water® Essential	75	20	5
Hansen's® Organic Junior Water™ Beverage	85	23	5
Homemade Spa Water (recipe on www.thenutritionsource.org)	0	0	0
TalkingRain® Twist™	15	3	1
Wild Waters™ Flippin' Fruit	75	20	5
Fruit Punch and Fruit Drinks			
Capri Sun® Juice Drink Strawberry Kiwi	125	34	8
Hawaiian Punch® Fruit Juicy Red	180	45	11
Odwalla® Strawberry C-Monster®	240	57	14
Snapple® Fruit Punch Juice Drink	165	41	10
SunnyD® Tangy Original Style	180	44	10

	CAL	G	TSP
Lemonade			
Minute Maid® Lemonade	150	42	10
Newman's Own® Lightly Sweetened Lemonade	120	30	7
Sports 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	3
Odwalla® Serious Focus™ Apple Raspberry	255	60	14
Red Bull®	165	40	10
SoBe® Adrenaline Rush	195	51	12
Vault™	179	48	11
Iced 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	0
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
Coffee 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
Smoothies 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	11
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.