

Beverage Comparison Chart

Product - Ingredients per 8 fl. oz.	Carbohydrate (g)	Calories	Sodium (mg)	Potassium (mg)	Caffeine (mg)
Water	0	0	0	0	0
Orange juice	27	112	7	446	0
Orange juice drink	33	134	5	105	0
Whole milk	11	146	98	349	0
Reduced fat milk	13	138	145	448	0
Fat free milk	12	83	103	382	0
Reduced fat milk, flavored	30	190	165	422	0
Regular cola	26	95	34	0	23
Diet soda	0	0	19	19	28
Flavored water	13	52	0	0	0
Ice tea, sweetened, lemon flavor	47	186	109	98	16
Gatorade	14	50	110	30	0
Powerade	19	80	55	30	0
Red Bull	27	108	207	0	53
Starbucks Coffee	0	2	5	NA	165
Starbucks Caffe Mocha	21	165	65	NA	87
Starbucks Frappuccino	35	215	120	NA	58