



Nutritional Information for Key Brands and Flavors - United States

Serving size is 8 fl. oz. unless otherwise noted
updated July 2011

<u>Name</u>	<u>Calories</u>	<u>Carbohydrates</u> <u>(grams)</u>	<u>Sugars</u> <u>(grams)</u>	<u>Sodium</u> <u>(mg)</u>	<u>Caffeine</u> <u>(mg)</u>
7UP	100	26	25	30	0
Diet 7UP	0	0	0	30	0
Cherry 7UP	100	26	25	30	0
Diet Cherry 7UP	0	0	0	30	0
A&W Root Beer	120	32	31	55	0
A&W Diet Root Beer	0	0	0	75	0
A&W Cream Soda	120	31	30	45	20
A&W Diet Cream Soda	0	0	0	65	15
Canada Dry Ginger Ale	90	25	24	35	0
Diet Canada Dry Ginger Ale	0	0	0	80	0
Canada Dry Green Tea Ginger Ale	90	24	24	45	7
Diet Canada Dry Green Tea Ginger Ale	0	0	0	65	7
Canada Dry Tonic Water	90	24	23	35	0
Canada Dry Club Soda – No Sodium	0	0	0	0	0
Canada Dry Club Soda – Low Sodium	0	0	0	80	0
Clamato Original	60	11	10	800	0
Country Time Lemonade	90	24	24	70	0
Crush Orange	130	35	34	50	0
Crush Diet Orange	15	4	4	50	0
Crush Cherry	110	30	30	50	0
Crush Grape	130	35	34	45	0
Crush Strawberry	120	31	30	50	0
Diet Rite Cola	0	0	0	0	0
Dr Pepper	100	27	27	35	28
Diet Dr Pepper	0	0	0	35	28
Diet Caffeine Free Dr Pepper	0	0	0	35	0
Dr Pepper Cherry	110	29	28	40	26
Diet Dr Pepper Cherry	0	0	0	40	26
Hawaiian Punch Fruit Juicy Red	70	17	17	105	0
Hawaiian Punch Fruit Juicy Red Light	10	2	2	120	0
Hawaiian Punch Lemon Berry Squeeze	80	21	20	105	0
Hawaiian Punch Orange Ocean	80	21	19	105	0
Hawaiian Punch Green Berry Rush	80	22	21	105	0
Hawaiian Punch Polar Blast	90	22	22	105	0
Hawaiian Punch Berry Limeade Blast	90	23	21	105	0
Hawaiian Punch Berry Bonkers	90	22	22	105	0
Hawaiian Punch Berry Blue Typhoon	80	22	21	105	0
Hawaiian Punch Lemon Lime Splash	80	21	21	105	0
Hawaiian Punch Lemonade	80	22	21	105	0
Hawaiian Punch Mango Passionfruit Squeeze	80	20	19	120	0
Hawaiian Punch Fruit Juicy Red (10 oz)	80	21	21	125	0
Hawaiian Punch Lemon Berry Squeeze (10 oz)	100	26	26	125	0
Hawaiian Punch Green Berry Rush (10 oz)	100	27	27	125	0
Hawaiian Punch Polar Blast (10 oz)	100	27	27	125	0
Hawaiian Punch Mazin Melon Splash (20 oz)	110	29	28	115	0
Hawaiian Punch Wild Purple Smash (20 oz)	120	30	29	120	0
Hawaiian Punch Bodacious Berry (20 oz)	110	29	29	115	0
IBC Root Beer	110	30	29	45	0
IBC Cream Soda	120	33	32	45	0
IBC Black Cherry	120	32	32	40	0



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Diet IBC Root Beer	0	0	0	75	0
Margaritaville Margarita Mix (4 fl oz)	110	28	27	85	0
Margaritaville Mango Margarita Mix (4 fl oz)	110	27	27	85	0
Mott's 100% Apple Juice	120	29	28	10	0
Mott's for Tots Apple	60	16	15	5	0
Mott's for Tots Apple White Grape	60	16	15	5	0
Mott's for Tots Immune Support Fruit Punch	60	16	15	5	0
Mott's for Tots Bone Health Grape	70	17	16	10	0
Mott's for Tots Mixed Berry	60	15	15	10	0
Mott's Medleys Apple Juice	110	25	22	75	0
Mott's Medleys Grape Juice	140	33	30	75	0
Mott's Medleys Tropical Juice	140	32	30	80	0
Mott's PLUS Light Apple Juice	50	12	12	30	0
Mott's Plus for Kids' Health Apple Grape Juice	130	32	30	40	0
Mott's Plus for Kids' Health Apple Punch	120	30	28	40	0
Mott's Original Apple Sauce (per 113 g)	90	24	22	0	0
Mott's Natural Apple Sauce (per 111 g)	50	13	11	0	0
Mott's Cinnamon Apple Sauce (per 113 g)	100	25	24	0	0
Mott's Strawberry Apple Sauce (per 113 g)	90	23	21	0	0
Mott's Mango Peach Apple Sauce (per 113 g)	90	23	22	0	0
Mott's Pear Apple Sauce (per 113 g)	90	23	21	0	0
Mott's Mixed Berry Apple Sauce (per 113 g)	90	23	21	0	0
Mott's Healthy Harvest Granny Smith Apple Sauce (per 111 g)	50	13	11	0	0
Mott's Healthy Harvest Strawberry Apple Sauce (per 111 g)	50	13	11	0	0
Mott's Healthy Harvest Blueberry Apple Sauce (per 111 g)	50	13	11	0	0
Mott's Healthy Harvest Peach Medley Apple Sauce (per 111 g)	50	13	11	0	0
Mott's Healthy Harvest Country Berry Apple Sauce (per 111 g)	50	13	11	0	0
Mott's Garden Blend	45	9	7	410	0
Mott's Garden Blend – Low Sodium	50	12	9	140	0
Mr & Mrs T's Original Bloody Mary Mix (5 fl oz)	30	7	4	650	0
Mr & Mrs T's Bold & Spicy Bloody Mary Mix (4 fl oz)	30	7	6	470	0
Mr & Mrs T's Premium Bloody Mary Mix (4 fl oz)	40	9	7	690	0
Mr & Mrs T's Margarita Mix (4 fl oz)	100	23	22	60	0
Mr & Mrs T's Sweet & Sour Mix (3.5 fl oz)	90	21	20	55	0
Mr & Mrs T's Whiskey Sour Mix (3.5 fl oz)	90	21	20	55	0
Mr & Mrs T's Strawberry Daiquiri Mix (4 fl oz)	190	46	44	30	0
Mr & Mrs T's Pina Colada Mix (4 fl oz)	180	43	42	45	0
Mr & Mrs T's Mai Tai Mix (4.5 fl oz)	150	37	36	85	0
Mr & Mrs T's Tom Collins Mix (3.5 fl oz)	140	34	33	50	0
Mr & Mrs T's Manhattan Mix (2 fl oz)	70	13	13	20	0
Mr & Mrs T's Old Fashioned Mix (2 fl oz)	90	18	17	20	0
Orangina (Glass Bottle)	110	26	25	25	0
Peñafiel Aqua	0	0	0	45	0



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RC Cola	110	29	28	30	29
Diet RC Cola	0	0	0	30	32
ReaLemon (1 tsp or 5 mL)	0	0	0	0	0
ReaLime (1 tsp or 5 mL)	0	0	0	0	0
Rose's Sweetened Lime Juice (1 tsp or 5 mL)	10	2	2	0	0
Rose's Grenadine (2 tsp or 30 mL)	90	22	21	10	0
Rose's Mojito – Traditional (3 fl oz)	80	20	20	40	0
Rose's Mojito – Mango (3 fl oz)	80	20	20	40	0
Rose's Mojito – Passion Fruit (3 fl oz)	80	20	20	40	0
Rose's Cocktail Infusions – Cosmopolitan (1.5 fl oz)	60	14	14	20	0
Rose's Cocktail Infusions – Pomegranate Twist (1.5 fl oz)	60	15	14	15	0
Rose's Cocktail Infusions – Blue Raspberry (1.5 fl oz)	60	15	13	25	0
Rose's Cocktail Infusions – Sour Apple (1.5 fl oz)	60	16	14	20	0
Rose's Cocktail Infusions – Cosmopolitan Light (1.5 fl oz)	45	11	11	20	0
Rose's Cocktail Infusions – Tropical Fruit Twist Light (1.5 fl oz)	45	11	11	20	0
Schweppes Ginger Ale	80	21	20	40	0
Schweppes Diet Ginger Ale	0	0	0	80	0
Schweppes Dry Grape Ginger Ale	0	0	0	75	0
Schweppes Club Soda	0	0	0	65	0
Schweppes Tonic Water	90	23	22	35	0
Snapple Lemon Tea	80	19	18	5	31
Snapple Diet Lemon Tea	0	0	0	5	21
Snapple Peach Tea	80	20	20	5	21
Snapple Diet Peach Tea	0	0	0	5	21
Snapple Juice -Apple	100	24	24	5	0
Snapple Juice - Fruit Punch	100	24	24	5	0
Snapple Juice - Kiwi Strawberry	100	23	23	10	0
Snapple Juice – Mango Madness	100	23	23	10	0
Snapple Green Tea Original	60	15	15	5	14
Snapple Diet Green Tea Original	0	0	0	5	14
Snapple White Tea - Nectarine	60	15	15	5	0
Snapple White Tea - Raspberry	60	15	15	5	0
Snapple Black Tea – Earl Grey	35	8	8	5	8
Snapple Black Tea – English Breakfast	40	10	10	10	9
Snapple Red Tea – Acai Mixed Berry	40	10	9	10	0
Snapple Red Tea – Pomegranate Peach	40	10	10	10	0
Snapple Juice Drink – Kiwi Pear	15	2	1	5	14
Snapple Juice Drink – Noni Berry	15	2	1	5	0
Snapple Juice Drink – Peach Mangosteen	90	21	20	15	0
Snapple Lemon Black Tea	80	21	21	65	12
Snapple Peach Green Tea	80	21	21	60	4
Squirt	100	26	25	35	0
Diet Squirt	0	0	0	35	0
Stewart's Root Beer	110	27	27	34	0
Stewart's Cream Soda	120	30	30	35	0



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Stewart's Orange 'n Cream	130	32	32	45	0
Stewart's Black Cherry Wishniak (12 oz)	190	46	46	55	0
Diet Stewart's Root Beer	0	0	0	20	0
Diet Stewart's Orange n Cream (12 oz)	10	2	0	25	0
Sun Drop	120	31	30	35	43
Diet Sun Drop	5	0	0	90	46
Sunkist Orange	130	35	34	45	27
Sunkist Diet Orange	0	0	0	80	27
Sunkist Cherry Limeade	120	30	29	45	0
Sunkist Sparkling Fruit Punch	120	33	32	45	0
Sunkist Fruit Punch (Non-Carbonated)	130	34	33	50	0
Sunkist Sparkling Lemonade	110	30	29	45	28
Sunkist Diet Sparkling Lemonade	5	0	0	105	28
Sunkist Pineapple	130	35	34	45	0
Sunkist Strawberry	130	34	33	45	0
Sunkist Grape	130	36	35	45	0
Sunkist Peach	120	32	31	45	0
Vernors Ginger Soda	100	26	26	35	0
Diet Vernors Ginger Soda	0	0	0	35	0
Yoo-hoo Chocolate Drink (6.5 oz tetra)	100	24	22	180	*
Yoo-hoo Chocolate Drink (11 oz can)	180	40	37	290	*
Yoo-hoo Chocolate Drink (15.5. oz bottle)	260	57	52	410	*

*Yoo-hoo Chocolate Drink is 99% Caffeine Free