

Soda~Pop~Cola

* Fat:

- * Regular ~ 0 grams
- * Diet ~ 0 grams

◎ Sugar:

- ◎ Regular ~ 26 or more grams
- ◎ Diet ~ usually 0 - 5 grams

■ Calories:

- Regular ~ 100 or more
- Diet ~ usually 20 or less

⊗ Nutrients:

- ⊗ Regular ~ none
- ⊗ Diet ~ none

Fat, Sugar, and Calories In Beverages (8-oz Serving)



Mary A. Back, Dietitian

Juices & Juice Drinks

* Fat:

- * Juice ~ usually none
- * Juice Drinks ~ usually none

◎ Sugar:

- ◎ Juice ~ 6 - 28 grams
- ◎ Juice Drinks ~ 0 - 30 grams

■ Calories:

- Juice ~ 30 - 110
- Juice Drinks ~ 0 - 120

⊗ Nutrients:

- ⊗ Juice ~ Vitamins A, C, E, & K, Calcium, Iron, & Phytonutrients
- ⊗ Juice Drinks ~ if any, usually only added Vitamin C

Soymilk & Cow's Milk

* Fat:

- * Soymilk ~ 2 - 4 grams
- * Cow's Milk, Skim ~ 0 grams
- * Cow's Milk, 2% ~ 5 grams
- * Cow's Milk, Whole ~ 8 grams

◎ Sugar:

- ◎ Soymilk ~ 1 gram
- ◎ Cow's Milk, Skim ~ 11 grams
- ◎ Cow's Milk, 2% ~ 11 grams
- ◎ Cow's Milk, Whole ~ 11 grams

■ Calories:

- Soymilk ~ 127
- Cow's Milk, Skim ~ 86
- Cow's Milk, 2% ~ 137
- Cow's Milk, Whole ~ 146

⊗ Nutrients:

- ⊗ Soymilk ~ Vitamins A & D, Calcium (if fortified), & Isoflavones
- ⊗ Cow's Milk (all) ~ Vitamins A & D, & Calcium

Coffees & Teas

* Fat:

- * Coffee ~ 0 grams
- * Coffee Drinks ~ 0 - 30 grams
- * Tea ~ 0 grams
- * Tea Drinks ~ 0 - 8 grams

◎ Sugar:

- ◎ Coffee ~ 0 grams
- ◎ Coffee Drinks ~ 0 - 50 grams
- ◎ Tea ~ 0 grams
- ◎ Tea Drinks ~ 0 - 25 grams

■ Calories:

- Coffee ~ 2
- Coffee Drinks ~ 70 - 520
- Tea ~ 2
- Tea Drinks ~ 40 - 145

⊗ Nutrients:

- ⊗ Coffee ~ Caffeine
- ⊗ Coffee Drinks ~ Caffeine, Vitamins A & D, Calcium, & Isoflavones (dependant on ingredients)
- ⊗ Tea ~ Phytonutrients, & Caffeine
- ⊗ Tea Drinks ~ Phytonutrients, Caffeine, Vitamins A & D, Calcium, & Isoflavones (dependant on ingredients)