



## FOUNTAIN BEVERAGES IN THE U.S.

Serving Size: 8 FL OZ

	Calories	Carbohydrates (grams)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)	Caffeine (mg)	Vitamin C (mg)	Aspartame (mg)	Saccharin (mg)	Acesulfame Potassium (mg)	Sucralose (mg)
Barq's caffeine free root beer	111	30	24	trace	0	0	0	0	0	0	0
Barq's Red Crème soda	115	31	19	0	0	0	0	0	0	0	0
Barq's root beer	111	30	24	trace	0	15	0	0	0	0	0
caffeine free Diet Coke	0	0	10	23	18	0	0	23	47	0	0
caffeine free Coca-Cola classic	99	27	6	0	44	0	0	0	0	0	0
cherry Coca-Cola	104	28	4	0	37	23	0	0	0	0	0
Coca-Cola classic	99	27	6	0	44	25	0	0	0	0	0
Coca-Cola Zero	0.7	0.1	28	31	36	23	0	58	0	31	0
Diet Coke	0.6	0.1	10	23	18	31	0	23	47	0	0
Diet Coke with Lime	2	0.1	4	23	18	31	0	50	47	0	0
Diet Sprite Zero	2.3	0	6	67	0	0	0	19	47	0	0
Fanta Birch Beer	108	30	12	0	7	0	0	0	0	0	0
Fanta Blue Raspberry	117	32	9	0	0	0	0	0	0	0	0
Fanta Cherry	107	29	8	0	0	0	0	0	0	0	0
Fanta Punch	105	28	13	trace	0	0	0	0	0	0	0
Fanta Ginger Ale	86	23	4	11	0	0	0	0	0	0	0
Fanta Grape	114	31	8	0	0	0	0	0	0	0	0
Fanta Lychee (Hawaii only)	136	37	7	0	0	0	0	0	0	0	0
Fanta Orange	112	30	8	0	0	0	0	0	0	0	0
Fanta Pineapple	120	33	14	0.5	0	0	7	0	0	0	0
Fanta Red	105	28	10	13	0	24	0	0	0	0	0
Fanta Kiwi Strawberry	67	17	5	0	0	0	0	0	0	0	0
Fanta Strawberry	109	29	8	0	0	0	0	0	0	0	0
Fanta Vanilla Syrup (per 1/3 oz.)	26	7	2	0	0	0	0	0	0	0	0
Fresca	1.8	0.1	trace	53	trace	0	trace	19	47	0	0
Fruitopia Strawberry Passion Awareness	120	31	10	31	1	0	115	0	0	0	0
Hi-C Flashin' Fruit Punch	104	28	9	0	0	0	60	0	0	0	0
Hi-C Light Fruit Punch	2.6	0	trace	121	0	0	60	43	35	0	0
Hi-C Light Orange	2.6	0	trace	118	0	0	60	19	46	0	0
Hi-C Orange Lavaburst	111	30	0	13	0	0	60	0	0	0	0
Hi-C Poppin' Pink Lemonade	96	24	41	14	0	0	60	0	0	0	0
Mello Yello	106	29	8	18	trace	31	0	0	0	0	0
Minute Maid Lemonade	97	26	41	14	0	0	0	0	0	0	0
Minute Maid Light Lemonade	5	1	5	84	1	0	7	44	0	19	0
Minute Maid Limeade	110	31	10	0	0	0	0	0	0	0	0
Minute Maid Light Mango Tropical	6	1	3	16	1	0	0.1	43	0	26	0
Nestea Lemon Iced Tea	77	21	9	63	0	11	0	0	0	0	0
Nestea Peach Iced Tea	78	21	9	63	0	10	0	0	0	0	0
Nestea Premium Unsweetened Iced Tea	1	0.2	6	9	19	13	0	0	0	0	0
Nestea Raspberry Iced Tea	78	21	9	63	0	10	0	0	0	0	0
Nestea Southern Style Iced Tea	123	33	14	29	24	10	0	0	0	0	0
Nestea Sweetened Iced Tea	62	17	14	29	23	11	0	0	0	0	0
Nestea Unsweetened Iced Tea	1	0.2	14	17	27	13	0	0	0	0	0
Pibb Xtra	97	26	14	<1	29	27	0	0	0	0	0
POWERade Fruit Punch	74	19	28	48	2	0	0	0	0	0	0
POWERade Lemon Lime	72	19	28	48	2	0	0	0	0	0	0
POWERade Mountain Blast	72	19	15	28	48	2	0	0	0	0	0
POWERade Orange	64	17	52	47	2	0	0	0	0	0	0
Red Flash	105	28	21	12	0	27	0	0	0	0	0
Sprite	97	26	22	0	0	0	0	0	0	0	0
VAULT	107	28	9	20	0.3	46	0.7	0	0	0	0
Vanilla Coke	104	28	4	0	27	23	0	0	0	0	0
Flavor Rage Cherry(per 1 oz)	1.5	0	6	0	0	0	0	0	0	0	4
Flavor Rage Chocolate(per 1oz)	1.6	0	7	0	5	0	0	0	0	0	5
Flavor Rage Lime (per 1 oz)	1.36	0	6	0	0	0	0	0	0	0	4
Flavor Rage Raspberry (per 1 oz)	1.4	0	6	0	0	0	0	0	0	0	5
Flavor Rage Vanilla (per 1 oz)	1.4	0	7	0	0	0	0	0	0	0	4
Full Throttle Energy Drink	111	29	55	trace	0	72	0	0	0	0	0

Last Updated May 2009