

Nutritional Content of Beverages

Ranking by median sugar then by median calories then by maximum sugar

Includes sugar and calorie content per serving of all sugary and diet drinks by brand, category, and subcategory

Most

Rank	Company	Brand (Variety)	Category	Subcategory	# of products with nutrition information	Sugar		Calories		Artificial sweeteners (Yes/no)*	Artificial colors (Yes/no)*	Median caffeine (mg)**	Median juice content**
						Median (g)	Range (g)	Median (kcal)	Range (kcal)				
1	Welch Foods Inc.	Welch's Essentials	Fruit drink	Full-calorie	3	36	36	150	150	-	-	-	50%
2	Welch Foods Inc.	Welch's	Fruit drink	Full-calorie	18	34	28-37	140	120-150	-	-	-	30%
3	Dr Pepper Snapple Group	Crush	Regular soda	Full-calorie	6	33	30-34	125	110-130	N	Y	-	-
4	Dr Pepper Snapple Group	Sunkist	Regular soda	Full-calorie	10	32	29-35	120	113-133	N	Y	45	-
5	Coca-Cola	Fanta	Regular soda	Full-calorie	7	32	29-33	120	110-121	N	Y	-	-
6	Dr Pepper Snapple Group	IBC	Regular soda	Full-calorie	3	32	29-32	120	107-120	N	Y	0	-
7	Rockstar	Rockstar	Energy drink	Full-calorie	10	31	17-35	130	100-140	Y	Y	100	10%
8	Dr Pepper Snapple Group	A&W	Regular soda	Full-calorie	2	31	31	120	120	N	Y	19	-
9 (tie)	Coca-Cola	Vault	Regular soda	Full-calorie	2	31	31	120	120	N	Y	47	-
10	PepsiCo	Mug	Regular soda	Full-calorie	2	31	29-32	110	100-120	N	Y	0	-
11	PepsiCo	Mountain Dew	Regular soda	Full-calorie	7	31	31	110	110-120	N	Y	36	-
12	Coca-Cola	Barq's	Regular soda	Full-calorie	1	30	30	110	110	N	Y	15	-
13	PepsiCo	Tropicana	Fruit drink	Full-calorie	16	29	24-38	130	100-150	N	Y	-	10%
14	Dr Pepper Snapple Group	Nantucket Nectars	Fruit drink	Full-calorie	11	29	27-33	120	110-140	N	N	-	-
15	Ocean Spray/PepsiCo	Ocean Spray	Fruit drink	Full-calorie	23	29	25-32	120	110-130	N	N	-	15%
16	Coca-Cola	Full Throttle	Energy drink	Full-calorie	5	29	23-29	115	110-144	N	Y	99	-
17	Coca-Cola	Minute Maid	Fruit drink	Full-calorie	25	29	16-40	110	80-153	Y	N	-	11%
18	PepsiCo	Amp	Energy drink	Full-calorie	6	29	27-29	110	110-127	N	N	80	50%
19	Coca-Cola	Odwalla	Fruit drink	Full-calorie	6	28	25-37	120	110-170	N	N	-	18%
20	Coca-Cola	Simply	Fruit drink	Full-calorie	1	28	28	120	120	N	N	-	12%
21	Dr Pepper Snapple Group	Hawaiian Punch	Fruit drink	Full-calorie	8	28	26-29	110	110-120	Y	Y	0	5%
22	Coca-Cola	Coca-Cola Classic	Regular soda	Full-calorie	4	28	27-28	100	100	N	Y	23	-
22 (tie)	PepsiCo	Pepsi	Regular soda	Full-calorie	5	28	25-28	100	100	N	Y	25	-
24	Dr Pepper Snapple Group	Venom	Energy drink	Full-calorie	3	27	27	120	120	Y	Y	80	-
25	Coca-Cola	Simply Lemonade	Fruit drink	Full-calorie	2	27	26-28	115	110-120	N	N	-	11%
26	PepsiCo	SoBe	Fruit drink	Full-calorie	9	27	23-31	110	90-130	N	Y	16	1%
27	Dr Pepper Snapple Group	RC Cola	Regular soda	Full-calorie	1	27	27	110	110	N	Y	-	-
27 (tie)	Red Bull	Red Bull	Energy drink	Full-calorie	2	27	27	110	110	N	N	80	-
29	Arizona	Arizona	Energy drink	Full-calorie	2	27	26-28	108	110-116	N	N	-	10%
31	Dr Pepper Snapple Group	Dr Pepper	Regular soda	Full-calorie	4	27	25-28	100	100-110	N	Y	-	-
32	Dr Pepper Snapple Group	Snapple	Fruit drink	Full-calorie	15	26	20-54	110	90-210	N	Y	0	5%

continued

Ranking Table 1

Nutritional Content of Beverages cont'd

Rank	Company	Brand (Variety)	Category	Subcategory	# of products with nutrition information	Sugar		Calories		Artificial sweeteners (Yes/no)*	Artificial colors (Yes/no)*	Median caffeine (mg)**	Median juice content**
						Median (g)	Range (g)	Median (kcal)	Range (kcal)				
33	Coca-Cola	NOS	Energy drink	Full-calorie	4	26	26-27	110	110	Y	Y	130	-
34	Coca-Cola	Sprite	Regular soda	Full-calorie	1	26	26	100	100	N	N	0	-
34 (tie)	PepsiCo	Sierra Mist	Regular soda	Full-calorie	2	26	25-26	100	100	N	Y	0	-
36	Dr Pepper Snapple Group	7 Up	Regular soda	Full-calorie	3	25	25-26	100	100	N	Y	-	-
37	Dr Pepper Snapple Group	Squirt	Regular soda	Full-calorie	2	25	25	100	100	N	N	0	-
38	Coca-Cola	Fuze	Fruit drink	Full-calorie	9	24	22-25	100	90-100	Y	N	-	5%
39	Dr Pepper Snapple Group	Canada Dry	Regular soda	Full-calorie	3	24	24	90	90	N	Y	-	-
39 (tie)	Kraft Foods	Tang	Fruit drink	Full-calorie	1	24	24	90	90	N	Y	-	-
40	Unilever	Lipton Brisk	Iced tea	Full-calorie	8	23	16-28	85	60-110	N	Y	5	-
41	PepsiCo	Tropicana	Regular soda	Full-calorie	3	22	19-23	80	73-87	N	Y	0	1%
42	Hansen Beverage Company	Monster	Energy drink	Full-calorie	19	21	18-28	100	70-110	Y	Y	-	50%
43	Dr Pepper Snapple Group	Snapple	Iced tea	Full-calorie	13	21	15-25	80	60-100	N	Y	-	2%
44	Coca-Cola	Gold Peak	Iced tea	Full-calorie	3	21	21	80	80	N	Y	-	-
45	Kraft Foods	Kool-Aid	Fruit drink	Full-calorie	19	19	10-25	80	60-100	N	Y	-	5%
46	Dr Pepper Snapple Group/ Kraft Foods	Country Time	Fruit drink	Full-calorie	8	19	16-24	80	60-90	N	Y	-	-
47	Sunny Delight Beverages	Sunny D	Fruit drink	Full-calorie	11	18	18-20	80	80-90	Y	Y	-	5%
48	Arizona	Arizona	Iced tea	Full-calorie	27	18	13-26	70	50-110	N	N	15	5%
49	Campbell Soup Company	V8 Splash	Fruit drink	Full-calorie	6	17	16-18	70	70-80	-	-	-	-
50	Kraft Foods	Capri Sun	Fruit drink	Full-calorie	17	16	15-16	60	60	N	N	-	7%
51	PepsiCo	Gatorade	Sports drink	Full-calorie	28	14	6-15	50	50-67	N	Y	0	-
52	Coca-Cola	Powerade	Sports drink	Full-calorie	8	14	14	50	50	N	Y	0	-
53	Unilever	Lipton	Iced tea	Full-calorie	7	13	13-23	50	50-90	Y	Y	13	-
54	Arizona	Arizona	Sports drink	Full-calorie	3	13	13	50	50	-	N	-	-
54 (tie)	Coca-Cola	Vitamin Water	Flavored water	Full-calorie	12	13	13	50	50	N	N	40(1)	0
54 (tie)	Arizona	Arizona	Iced tea	Light	4	13	13	50	50	N	N	11	-
57	Coca-Cola	Odwalla	Fruit drink	Light	1	12	12	50	50	Y	N	-	8%
57 (tie)	Coca-Cola	Sprite (Green)	Regular soda	Light	1	12	12	50	50	Y	N	0	-
59	Campbell Soup Company	V8 V-Fusion Light	Fruit drink	Light	6	11	10-14	50	50-70	-	-	-	-
60	PepsiCo	Trop50	Fruit drink	Light	6	11	10-12	50	50	Y	N	-	42%
61	Coca-Cola	Powerade	Sports drink	Light	4	10	10	40	40	Y	Y	0	-
61 (tie)	PepsiCo	SoBe	Flavored water	Light	5	10	9-10	40	40	Y	N	0	-
63	Ocean Spray	Ocean Spray	Fruit drink	Light	15	9	2-13	35	5-60	Y	N	-	-
64	Dr Pepper Snapple Group	Country Time	Fruit drink	Light	3	8	8	35	35	Y	Y	-	-
65	Kraft Foods	Kool-Aid	Fruit drink	Light	8	7	7-9	30	30-35	Y	Y	-	-
66	Kraft Foods	Capri Sun (Roarin' Waters)	Flavored water	Light	5	7	7	30	30	Y	N	-	-

continued

Nutritional Content of Beverages cont'd

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						Median (g)	Range (g)	Median (kcal)	Range (kcal)				
67	Arizona	Arizona (Rescue Water)	Flavored water	Light	4	7	6-7	25	25	Y	N	14	-
68	Hansen Beverage Company	Monster	Energy drink	Light	2	6	5-6	38	25-50	Y	N	-	-
69	Red Bull	Red Bull	Energy shot	Light	1	6	6	27	27	Y	-	80	-
70	PepsiCo	Gatorade G2	Sports drink	Light	7	5	5	20	20	Y	Y	0	-
71	Dr Pepper Snapple Group	Diet Orange Crush	Light soda	Light	1	4	4	15	15	Y	Y	-	-
72	Dr Pepper Snapple Group	Venom	Energy drink	Light	1	3	3	25	25	Y	Y	80	-
73	Kraft Foods	Tang	Fruit drink	Light	12	3	3-9	15	15-40	Y	Y	-	-
74	Kraft Foods	Crystal Light	Fruit drink	Light	6	3	3-4	15	5-15	Y	Y	-	-
75	Arizona	Arizona	Energy drink	Light	2	3	3	13	10-15	Y	N	-	-
76	Arizona	Arizona	Energy shot	Light	3	3	3	10	10	Y	N	-	-
77	Coca-Cola	Minute Maid	Fruit drink	Light	8	2	1-10	15	7-50	Y	Y	-	5%
78	Dr Pepper Snapple Group	Snapple	Fruit drink	Light	2	2	1-2	13	10-15	Y	N	-	5%
79	Welch Foods Inc.	Welch's	Fruit drink	Light	4	2	2-11	10	10-45	Y	-	-	-
80	Dr Pepper Snapple Group	Hawaiian Punch	Fruit drink	Light	1	2	2	10	10	Y	Y	0	5%
80 (tie)	PepsiCo	Propel Zero	Flavored water	Light	8	2	2	10	10	Y	N	0	-
80 (tie)	Dr Pepper Snapple Group	Snapple	Iced tea	Light	1	2	2	10	10	Y	N	-	2%
80 (tie)	PepsiCo	Tropicana	Fruit drink	Light	3	2	2	10	10	Y	N	0	4%
80 (tie)	Campbell Soup Company	V8 Splash	Fruit drink	Light	2	2	2	10	10	-	-	-	-
85	Rockstar	Rockstar	Energy drink	Light	3	1	1-7	10	10-50	Y	Y	120	-
86	Coca-Cola	Fuze	Fruit drink	Light	6	1	1-2	10	5-10	Y	N	-	-
87	Dr Pepper Snapple Group	7 Up (Plus)	Regular soda	Light	3	1	1	10	10	Y	N	-	-
87 (tie)	Coca-Cola	NOS	Energy drink	Light	1	1	1	10	10	Y	Y	130	-

Diet Drinks

	Red Bull	Red Bull	Energy drink	Diet	1	0	0	10	10	Y	N	80	-
	Rockstar	Rockstar	Energy shot	Diet	2	0	0	10	10	-	-	200	-
	PepsiCo	Amp	Energy drink	Diet	2	0	0	8	5-10	Y	N	80	-
	Rockstar	Rockstar	Energy drink	Diet	3	0	0	7	0-10	Y	Y	120	-
	Kraft Foods	Kool-Aid Fun Fizz	Fruit drink	Diet	3	0	0	5	5	Y	Y	-	-
	Kraft Foods	Kool-Aid	Fruit drink	Diet	3	0	0	5	5	Y	Y	-	-
	Innovation Ventures	5-hour Energy	Energy shot	Diet	7	0	0	4	4	Y	-	-	-
	Red Bull	Red Bull	Energy shot	Diet	1	0	0	2	2	Y	N	80	-
	Hansen Beverage Company	Monster	Energy drink	Diet	2	0	0	0	0-10	Y	N	-	-

*Sugar and calories reported for an 8-ounce serving, except for products which typically come a different serving size (e.g. 6-oz fruit drink pouch). Exceptions are detailed in Appendix A

**Indicates that the ingredient is present for at least one or more products in the brand, category, and subcategory

***Caffeine and percent juice content values represent the median of the drinks for which the amounts were reported, not necessarily for the brand as a whole

Bold indicates kids' brands

Source: Nutrition Analysis (March 2011)



Least