

# Nutritional Content of Sports Drinks

## Ranking by sugar content then by calories

Brand	Variety	Type	Serving size (oz)	Calories (kcal)	Fat (g)	Sodium (mg)	Sugar (g)	Protein (g)	Caffeine (mg)	Zero-calorie sweeteners	Artificial Colors
Gatorade	Mixed Berry	Light	8	20	0	107	5	0	0	Yes	No
Gatorade	Tropical Punch	Light	8	20	0	107	5	0	0	Yes	No
Gatorade	Watermelon Strawberry	Light	8	20	0	107	5	0	0	Yes	No
Gatorade	Blueberry Pomegranate	Light	8	20	0	110	5	0	0	Yes	Yes
Gatorade	Fruit Punch	Light	8	20	0	110	5	0	0	Yes	Yes
Gatorade	Glacier Freeze	Light	8	20	0	110	5	0	0	Yes	Yes
Gatorade	Grape	Light	8	20	0	110	5	0	0	Yes	Yes
Gatorade	Lemon-Lime	Light	8	20	0	110	5	0	0	Yes	Yes
Gatorade	Orange	Light	8	20	0	110	5	0	0	Yes	Yes
Gatorade	Raspberry Lemonade	Light	8	20	0	110	5	0	0	Yes	Yes
Gatorade	Raspberry Melon	Light	8	20	0	110	5	0	0	Yes	Yes
Gatorade	Tropical Bend	Light	8	20	0	110	5	0	0	Yes	Yes
Gatorade	Orange-Strawberry	Regular	8	50	0	110	14	0	0	No	Yes
Gatorade	Rain Lime	Regular	8	50	0	110	14	0	0	No	Yes
Gatorade	Rain Strawberry Kiwi	Regular	8	50	0	110	14	0	0	No	Yes
Gatorade	Riptide Rush	Regular	8	50	0	110	14	0	0	No	Yes
Gatorade	Tropical-Mango	Regular	8	50	0	110	14	0	0	No	Yes
Gatorade	Fruit Punch + Berry	Regular	8	50	0	110	14	0	0	No	Yes
Gatorade	Berry	Regular	8	50	0	110	14	0	0	No	Yes
Gatorade	Cool Blue	Regular	8	50	0	110	14	0	0	No	Yes
Gatorade	Fruit Punch	Regular	8	50	0	110	14	0	0	No	Yes

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Gatorade	Ice Punch	Regular	8	50	0	110	14	0	0	No	No
Gatorade	Lemon-Lime	Regular	8	50	0	110	14	0	0	No	Yes
Gatorade	Lemonade	Regular	8	50	0	110	14	0	0	No	Yes
Gatorade	Lime Cucumer/Limon Pepino	Regular	8	50	0	105	14	0	0	No	Yes
Gatorade	Orange	Regular	8	50	0	110	14	0	0	No	Yes
Gatorade	Strawberry Watermelon	Regular	8	50	0	110	14	0	0	No	Yes
Gatorade	Tangerine/Mandarina	Regular	8	50	0	105	14	0	0	No	Yes
Gatorade	Watermelon Citurs/Sandia Citrus	Regular	8	50	0	110	14	0	0	No	Yes
Powerade	Fruit Punch	Regular	8	53	0	100	14	0	0	No	Yes
Powerade	Grape	Regular	8	53	0	100	14	0	0	No	Yes
Powerade	Lemon Lime	Regular	8	53	0	100	14	0	0	No	Yes
Powerade	Melon	Regular	8	53	0	100	14	0	0	No	Yes
Powerade	Mountain Berry Blast	Regular	8	53	0	100	14	0	0	No	Yes
Powerade	Orange	Regular	8	53	0	100	14	0	0	No	Yes
Powerade	Strawberry Lemonade	Regular	8	53	0	100	14	0	0	No	Yes
Powerade	White Cherry	Regular	8	53	0	100	14	0	0	No	*
Gatorade	Cascade Crash	Regular	8	53	0	107	14	0	0	No	Yes
Gatorade	Glacier Cherry	Regular	8	53	0	107	14	0	0	No	No
Gatorade	Rain Berry	Regular	8	53	0	107	14	0	0	No	Yes
Gatorade	Tropical Cooler	Regular	8	53	0	107	14	0	0	No	Yes

\* Information Unavailable