

Nutrition and ingredient information for sweetened children's drinks

Ranked by sugar (g) per serving

Rank	Brand	Sub-brand	Package type*	Category	Reduced-calorie drink	# of products	Serving size (oz)	Calories (kcal)		Sugar (g)		Sodium (mg)		Juice (%)	Added sugars	Low-calorie sweeteners**
								Median	Range	Median	Range	Median	Range			
1	Apple & Eve	On the Go/ fruit drinks	SS bottle	Fruit drink		6	16	200	(200 220)	52	(52 56)	30	(20 70)	24%	Cane sugar	-
2	Kool-Aid	Multiserve	MS bottle	Fruit drink		5	12	150	- -	38	- -	30	(25 35)	0%	High fructose corn syrup	-
3	Hawaiian Punch		SS bottle	Fruit drink		2	16	120	- -	30	- -	200	- -	5%	High fructose corn syrup	Sucralose, acesulfame potassium
4	Sunny D		SS bottle	Fruit drink		6	16	120	(100 120)	27.5	(23 28)	325	(320 370)	5%	High fructose corn syrup	Sucralose, acesulfame potassium**, neotame**
5	Bug Juice		SS bottle	Fruit drink		12	10	106	- -	25	- -	25	- -	0%	High fructose corn syrup	-
6	Hawaiian Punch		Can	Fruit drink		1	12	90	- -	22.5	- -	150	- -	5%	High fructose corn syrup	Sucralose, acesulfame potassium
7	Minute Maid	Lemonade	Box	Fruit drink		1	6	80	- -	21	- -	15	- -	11%	High fructose corn syrup, sugar	-
8	Sunny D		SS bottle	Fruit drink		3	11.3	80	(70 80)	19	- -	260	(190 260)	5%	High fructose corn syrup	Sucralose, acesulfame potassium**, neotame**
9	Hawaiian Punch		SS bottle	Fruit drink		5	10	70	(70 80)	18	- -	130	(125 130)	5%	High fructose corn syrup	Sucralose, acesulfame potassium
10	Robinson's Made With Fruit Shoot	Real Sugar	SS bottle	Fruit drink		4	8	70	(70 90)	18	(17 21)	27.5	(10 55)	10%	Sugar	-
11	Sunny D		SS bottle	Fruit drink		2	10	65	(60 70)	16	(15 17)	230	- -	5%	High fructose corn syrup	Sucralose, acesulfame potassium, neotame
12	Kool-Aid	Canisters	MS canister	Drink mix	X	12	8	60	(60 70)	16	(16 17)	3	(0 25)	0%	Sugar, fructose	-
13	Hawaiian Punch		MS bottle	Fruit drink		12	8	60	- -	15	(14 15)	105	(105 115)	5%	High fructose corn syrup	Sucralose, acesulfame potassium
14	Sunny D		MS bottle	Fruit drink		11	8	60	(50 60)	14	(12 15)	135	(130 190)	5%	High fructose corn syrup	Sucralose, acesulfame potassium**, neotame**
15	Tum E Yummies		SS bottle	Flavored water	X	5	10.1	50	- -	13	- -	0	- -	0%	High fructose corn syrup	Sucralose
15 (tie)	Capri Sun	Juice Drink (Original)	Pouch	Fruit drink		14	6	50	- -	13	- -	15	(15 25)	10%	Sugar	-
15 (tie)	Hawaiian Punch		Box	Fruit drink		3	6.75	50	- -	13	- -	30	- -	5%	High fructose corn syrup	Sucralose
18	Mott's	Juice Drink	MS bottle	Fruit drink		1	8	50	- -	12	- -	30	- -	42%	-	Sucralose

continued

Nutrition and ingredient information for sweetened children's drinks (continued)

Rank	Brand	Sub-brand	Package type*	Category	Reduced-calorie drink	# of products	Serving size (oz)	Calories (kcal)		Sugar (g)			Sodium (mg)		Juice (%)	Added sugars	Low-calorie sweeteners**
								Median	Range	Median	Range	Median	Range				
19	Sunny D		SS bottle	Fruit drink		3	6.75	50	(45 50)	11	(10 12)	150	(110 160)	5%	High fructose corn syrup	Sucralose, acesulfame potassium**, neotame**	
20	Kool-Aid	Sparklers	Can	Fruit drink		4	7.5	45	(45 50)	11	- -	20	- -	0%	Invert sugar	Sucralose	
21	Apple & Eve	Water Fruits	Box	Flavored water		3	6.75	40	- -	10	- -	15	- -	10%	Cane sugar	-	
22	Hi-C		Box	Fruit drink		10	6	40	- -	10	(10 11)	15	- -	5%	High fructose corn syrup, sugar	Sucralose, acesulfame potassium	
23	Sunny D		Box	Fruit drink		3	6	40	(35 40)	10	(9 10)	90	(70 90)	5%	High fructose corn syrup	Sucralose, acesulfame potassium**, neotame**	
24	Kool-Aid	Sour Jammers	Pouch	Fruit drink		3	6	35	(30 35)	8	(6 8)	90	- -	0%	High fructose corn syrup	Sucralose	
25	Capri Sun	Roarin' Waters	Pouch	Flavored water	X	6	6	30	- -	8	- -	15	- -	0%	Sugar	Stevia leaf extract	
25 (tie)	Kool-Aid	Jammers	Pouch	Fruit drink	X	11	6	30	- -	8	- -	15	(15 20)	0%	High fructose corn syrup	Sucralose	
27	Kool-Aid	Singles	SS packet	Drink mix	X	4	8.5	30	- -	7	- -	0	- -	0%	Sugar, fructose	Sucralose, acesulfame potassium	
27 (tie)	Capri Sun	Sport	Pouch	Flavored water	X	4	6	30	- -	7	- -	85	- -	0%	Sugar	Stevia leaf extract	
27 (tie)	Fruit Rush	Fruit Rush	MS bottle	Fruit drink	X	4	8	30	- -	7	- -	12.5	(10 15)	0%	High fructose corn syrup	Sucralose, acesulfame potassium	
30	Kool-Aid	Bursts	SS bottle	Fruit drink	X	5	6.75	20	- -	5	- -	25	- -	0%	High fructose corn syrup	Sucralose	
31	Good 2 Grow	Organic 75% Less Sugar	SS bottle	Fruit drink	X	2	6	15	- -	3	- -	5	- -	18%	-	Stevia leaf extract	
31 (tie)	Hawaiian Punch	Light	Can	Fruit drink	X	1	12	15	- -	3	- -	160	- -	5%	-	Sucralose, acesulfame potassium	
33	Robinson's Fruit Shoot	No Sugar Added	SS bottle	Fruit drink	X	3	8	15	(15 20)	2	(2 3)	50	(35 55)	10%	-	Sucralose, acesulfame potassium,	
34	Hawaiian Punch	Light	MS bottle	Fruit drink	X	1	8	10	- -	2	- -	105	- -	5%	-	Sucralose, acesulfame potassium	
34 (tie)	Little Hug	Big Hug	SS bottle	Fruit drink	X	6	16	10	- -	2	- -	190	- -	0%	High fructose corn syrup	Sucralose, acesulfame potassium,	
36	Hawaiian Punch	Singles to Go	SS packet	Drink mix	X	3	8.45	5	- -	1	- -	15	(5 15)	0%	-	Aspartame, acesulfame potassium	
36 (tie)	Little Hug	Fruit Barrels	SS bottle	Fruit drink	X	16	8	5	- -	1	- -	95	- -	0%	High fructose corn syrup	Sucralose, acesulfame potassium,	

continued

Nutrition and ingredient information for sweetened children's drinks (continued)

Rank	Brand	Sub-brand	Package type*	Category	Reduced-calorie drink	# of products	Serving size (oz)	Calories (kcal)		Sugar (g)		Sodium (mg)		Juice (%)	Added sugars	Low-calorie sweeteners**
								Median	Range	Median	Range	Median	Range			
38	Kool-Aid	On the Go	SS packet	Drink mix	X	3	8.5	5	- -	0	- -	20	(20 25)	0%	-	Sucralose, acesulfame potassium
38 (tie)	Kool-Aid	Liquid	MS drop	Drink mix	X	7	8	0	- -	0	- -	0	(0 10)	0%	-	Sucralose, acesulfame potassium
38 (tie)	Robinson's Fruit Shoot	Hydro	SS bottle	Flavored water	X	2	10.1	0	- -	0	- -	40	- -	0%	-	Sucralose, acesulfame potassium
38 (tie)	Robinson's Fruit Shoot	Hydro Sparkling	SS bottle	Flavored water	X	2	10.1	0	- -	0	- -	20	- -	0%	-	Sucralose, acesulfame potassium
38 (tie)	Mondo Squeezers		SS bottle	Fruit drink	X	8	6.75	0	- -	0	- -	15	- -	0%	-	Sucralose, acesulfame potassium
43	Kool-Aid	Packets	MS packet	Drink mix	X	21	8	0	- -	0	- -	10	(0 30)	0%	Consumer adds own sweetener	-



*MS = multi-serving, SS = single-serving

**This ingredient was not included in every product from this sub-brand

Source: Nutrition analysis (August 2019)

Nutrition and ingredient information for children's drinks without added sweeteners

Ranked by median calories (kcal), then median sugar (g) per serving

Rank	Brand	Sub-brand	Package type*	Category	# of products	Serving size (oz)	Calories (kcal)		Sugar (g)		Sodium (mg)		Juice (%)
							Median	Range	Median	Range	Median	Range	
1	Juicy Juice	100% Juice	SS bottle	100% juice	2	10	140	-	33	20	100%		
2	Minute Maid	Orange Juice	Premium Original SS bottle	100% juice	1	10	140	-	32	25	100%		
3	Tree Top	100% Juice	SS bottle	100% juice	1	10	140	-	31	10	100%		
4	Mott's	Juice	MS bottle	100% juice	4	8	120	(120 130)	28	(27 30)	30	100%	
5	Juicy Juice	100% Juice	MS bottle	100% juice	15	8	120	(110 150)	27	(24 34)	20	(15 25)	100%
6	Langers	Disney	MS bottle	100% juice	4	8.1	120	-	27	(26 27)	15	-	100%
7	Apple & Eve	Sesame Street	MS bottle	100% juice	3	8	120	(110 130)	25	(25 38)	15	(10 30)	100%
8	Mott's	Juice/Natural	MS bottle	100% juice	1	8	120	-	25	-	15	-	100%
9	Tree Top	100% Juice	MS bottle	100% juice	7	8	120	(110 130)	25	(24 26)	15	(10 15)	100%
10	Juicy Juice	Organics 100% Juice	MS bottle	100% juice	2	8	115	(110 120)	27	-	17.5	(15 20)	100%
11	Tree Top	100% Juice, Organic	SS box	100% juice	1	6.75	110	-	27	-	10	-	100%
12	Apple & Eve	On the Go/Juice	SS bottle	100% juice	4	8	115	(110 120)	24.5	(22 28)	10	(5 10)	100%
13	Minute Maid	Kids+ Orange Juice	MS carton	100% juice	1	8	110	-	24	-	15	-	100%
14	Tropicana	Pure Premium Healthy Kids Orange Juice	MS bottle	100% juice	1	8	110	-	22	-	0	-	100%
15	Juicy Juice	100% Juice	SS box	100% juice	8	6.75	100	(100 110)	23	(22 26)	15	-	100%
16	Langers	Disney	SS pouch	100% juice	4	6.75	100	-	23	-	15	-	100%
17	Tree Top	100% Juice	SS box	100% juice	2	6.75	100	-	22	(21 23)	7.5	(5 10)	100%
18	R.W. Knudsen Family	Juice Boxes	SS box	100% juice	4	6.75	100	(100 110)	20.5	(16 25)	15	-	100%
19	Capri Sun	100% Juice	Pouch	100% juice	5	6	90	(80 90)	20	(20 21)	25	-	100%
20	Minute Maid	100% juice	SS box	100% juice	4	6	90	(80 90)	19.5	(19 21)	15	-	100%
21	Minute Maid	Kids+ Orange Juice	SS box	100% juice	1	6	90	-	18	-	15	-	100%
21 (tie)	Mott's	Sensibles	MS bottle	100% juice	4	8	90	-	18	-	75	(70 75)	100%
23	Good 2 Grow	Fruit Juice	SS bottle	100% juice	2	6	80	-	18.5	(18 19)	8	(5 11)	100%
24	Tree Top	100% Juice	SS can	100% juice	1	5.5	80	-	17	-	10	-	100%
25	Mott's	Mott's for Tots	MS bottle	Juice/water blend	4	8	65	(60 70)	15	-	5	-	53%
25 (tie)	Mott's	Juice	SS box	100% juice	1	4.23	60	-	15	-	15	-	100%
25 (tie)	Capri Sun	Fruit & Veggie Blend	SS pouch	Juice/water blend	3	6	60	-	15	-	30	-	66%
28	Juicy Juice	100% Juice	SS box	100% juice	5	4.23	60	(60 70)	14	(14 16)	10	(10 15)	100%

continued

Nutrition and ingredient information for children's drinks without added sweeteners (continued)

Rank	Brand	Sub-brand	Package type*	Category	# of products	Serving size (oz)	Calories (kcal)		Sugar (g)		Sodium (mg)		Juice (%)			
							Median	Range	Median	Range	Median	Range				
29	Juicy Juice	Organics 100% Juice	SS box	100% juice	2	4.23	60	-	-	14	-	-	10	-	-	100%
30	Juicy Juice	Fruitfuls Organic	SS box	Juice/water blend	4	6.75	60	-	-	14	(13	14)	10	-	-	60%
31	Old Orchard	For Kids	MS bottle	Juice/water blend	3	8	60	(60	70)	14	(14	16)	14	(10	15)	50%
32	Apple & Eve	Sesame Street	SS box	100% juice	5	4.23	60	(50	70)	13	(12	15)	5	(5	25)	100%
33	Apple & Eve	Sesame Street/Organics	SS box	100% juice	2	4.23	60	-	-	13	-	-	5	-	-	100%
34	Apple & Eve	Fruitables	SS box	Juice/water blend	7	6.75	60	(50	60)	13	(12	14)	10	(2	20)	66%
35	Capri Sun	Organic	SS pouch	Juice/water blend	5	6	60	(50	60)	13	(12	15)	20	(20	35)	56%
36	Good 2 Grow	Fruit & Veggies Blend	SS bottle	Juice/water blend	2	6	60	-	-	13	-	-	15	-	-	72%
37	Capri Sun	Refreshers	SS pouch	Juice/water blend	4	6	47.5	(45	50)	10	-	-	20	-	-	50%
38	Honest Kids		MS bottle	Juice/water blend	3	8	45	-	-	10	(10	11)	20	(10	20)	37%
39	Apple & Eve	Organic Quenchers	SS box	Juice/water blend	3	6.75	40	-	-	9	(8	9)	5	(0	5)	40%
40	Honest Kids		SS pouch	Juice/water blend	6	6.75	40	-	-	9	-	-	15	(5	15)	36%
40 (tie)	Juicy Juice	Splashers Organic	SS pouch	Juice/water blend	3	6	40	-	-	9	-	-	10	-	-	44%
42	Tropicana	Tropicana Kids	SS pouch	Juice/water blend	4	5.5	40	-	-	8	(7	8)	5	-	-	45%
43	Apple & Eve	Sesame Street/Fruitables	SS box	Juice/water blend	2	4.23	37.5	(35	40)	8	-	-	10	-	-	66%
43 (tie)	Honest Kids		SS box	Juice/water blend	4	6	35	-	-	8	-	-	12.5	(10	15)	38%
45	R.W. Knudsen Family	Sensible Sippers	SS box	Juice/water blend	3	4.23	30	(30	35)	6	(6	7)	5	-	-	50%
46	Polar	Seltzer Jr.	SS can	Sparkling water	6	8	0	-	-	0	-	-	0	-	-	0%



*MS = multi-serving, SS = single-serving
Source: Nutrition analysis (August 2019)