

# SOFT DRINK NUTRITION INFORMATION

The following information applies only to bottled and canned<sup>1</sup> soft drinks and not to those from a fountain dispenser. Every product contains 0 grams total fat and 0 grams protein. One 8-fluid ounce (240 milliliters) serving from a bottle or can contains the calories, carbohydrates and ingredient components shown below (maximum amount):

Serving Size = 8 Fluid Ounces (240 milliliters)	Calories	Carbohydrate <sup>2</sup> (grams)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)	Caffeine (mg)	Saccharin (mg)	Aspartame (mg)	Acesulfame Potassium (mg)
Coca-Cola Zero®	0.7	0.1	28	31	36	23	0	58	31
Diet Coke®	1.0	0.1	28	12	18	31	0	125	0
Diet Coke plus™	0.6	0.1	28	35	37	23	0	58	31
Diet Coke® Lime	2.0	0.1	28	19	18	31	0	50	34
Diet Coke® Lemon	1.5	0.1	28	19	18	31	0	50	34
Diet Coke® Sweetened with Splenda®	1	0.1	28	18	33	23	0	0	30
caffeine free Diet Coke <sup>3</sup>	1.0	0.1	28	12	18	0	0	125	0
Diet Cherry Coke <sup>4</sup>	0.5	0.1	28	19	23	23	0	50	34
Coca-Cola® Cherry Zero™	0.6	0.1	28	33	37	23	0	58	38
Diet Black Cherry Vanilla Coke	1.2	0.1	28	31	37	23	0	58	31
Sprite Zero <sup>4</sup>	2.4	0	24	73	0	0	0	50	34
diet Barq's Root Beer <sup>4</sup>	0.9	0.1	48	9	0	0	0	66	44
Pibb® Zero	1.5	0.1	31	22	29	27	0	68	42
Fanta Zero™ Orange	2.2	0.1	24	49	0	0	0	59	39
Original Citrus Fresca®	2.0	0.1	24	59	Trace	0	0	50	34
Peach Citrus Fresca	2.2	0	24	57	Trace	0	0	50	34
Black Cherry Citrus Fresca	2.5	0	24	57	Trace	0	0	50	34

<sup>1</sup> The values listed in this table may differ from those declared in the nutrition facts on package labels due to rounding rules required by the Food and Drug Administration (FDA).  
<sup>2</sup> The FDA also specifies that nutrition information for packages less than 16 fluid ounces be based on a serving size equal to the net contents of the package rather than 8 fluid ounces.  
<sup>3</sup> The amount of sugars is equal to the grams of carbohydrate in all of these beverages.  
<sup>4</sup> This product in bottles and cans is sweetened with 100% aspartame.  
<sup>5</sup> This product in bottles and cans is sweetened with a blend of aspartame and acesulfame potassium (ace-K).

## DASANI NUTRITION INFORMATION Serving Size: 8 Fl. Oz. (240 mL)

Regular DASANI is filtered for purity, using state of the art treatment by reverse osmosis, and enhanced with minerals for a pure, fresh taste. DASANI is water — pure and simple.

Product	Calories	Total Carbs (g)	Sugars (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)	Sucralose (mg)	Ace-K (mg)	Calcium (%RDI)	Vitamin C (%RDI)
DASANI®	0	0	0	0.50	.84	0	0	0	0	0
DASANI® Grape	1	0	0	25	37	0	15	17	0	0
DASANI® Lemon	2	0	0	31	34	0	17	5	0	0
DASANI® Raspberry	1	0	0	31	34	0	13	4	0	0
DASANI® Strawberry	2	0	0	25	36	0	14	16	0	0

These products are not available for fountain dispensers. Values listed in this table may differ from those declared in the nutrition facts on packaging labels due to rounding rules required by the Food and Drug Administration. FDA also specifies that nutrition information for packages less than 16 fluid ounces be based on a serving size equal to the net contents of the package rather than 8 fluid ounces. The sodium value represents the maximum amount of sodium, and includes the sodium derived from ingredients plus purified water. The actual amount of sodium in the beverage may be less depending on the quantity contained in the water supply where the finished beverage is produced. The sodium content of the purified water used in production will not exceed 2.4 milligrams per 8 fluid ounces (240 mL).

## DASANI plus NUTRITION INFORMATION Serving Size: 8 Fl. Oz. (240 mL)

Product	Calories	Total Carbs (g)	Sugars (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Phosphorus (mg)	Aspartame (mg)	Sucralose (mg)	Acesulfame Potassium (mg)	Caffeine (mg)	Chloride (mg)	Protein (g)	Fat (g)	Trans Fat (g)
DASANI plus™ – Defend and Protect (Orange Tangerine) <sup>1</sup>	2	0	0	25	35	1	38	0	11	14	0	0	0	0	0
DASANI plus™ – Refresh and Revive (Kiwi Strawberry) <sup>2</sup>	1	0	0	25	35	1	38	0	11	14	0	0	0	0	0
DASANI plus™ – Cleanse and Restore (Pomegranate Blackberry) <sup>3</sup>	3	1	0	24	35	1	38	0	11	14	0	0	0	0	0

<sup>1</sup> Contains Ginseng Extract (11 mg)  
<sup>2</sup> Contains Guarana Extract (1.5 mg) Ginseng Extract (1.8 mg)  
<sup>3</sup> Contains Dietary Fiber (1g)

Flavor	10% RDI of Essential Vitamins & Minerals (per serving)
DASANI plus™ – Defend and Protect (Orange Tangerine)	Vitamin E, Zinc,
DASANI plus™ – Refresh and Revive (Kiwi Strawberry)	Chromium, Niacin, Vitamin B6, Vitamin B12
DASANI plus™ – Cleanse and Restore (Pomegranate Blackberry)	Vitamin E, Niacin, Vitamin B6, Vitamin B12

## FUZE NUTRITION INFORMATION Serving Size: 8 Fl. Oz. (240 mL)

Product	% Juice	Calories	Total Carb (g)	Sugars (g)	Sodium (mg)	Vit. E (%RDI)	Vit. C (%RDI)	Vit. A (%RDI)	Sucralose (mg)	Vit. B12 (%RDI)	Calcium (%RDI)	Magnesium (%RDI)	Potassium (mg)	Vit. B5 (%RDI)	Niacin (%RDI)	Vit. B6 (%RDI)	Chromium (%RDI)	Ace-K (mg)	Citamax (mg)	LCarnitine (g)
FUZE® Slenderize Blueberry Raspberry	5	10	2	1	5	NA	100	NA	YES	NA	NA	NA	NA	NA	NA	NA	15	YES	200	20
FUZE® Slenderize Strawberry Melon	5	10	2	1	5	NA	100	NA	YES	NA	NA	NA	NA	NA	NA	NA	15	YES	200	20
FUZE® Refresh Peach Mango <sup>1</sup>	5	40	8	7	15	20	130	25	YES	50	25	NA	NA	50	50	50	NA	NA	NA	NA
FUZE® Refresh Banana Colada <sup>1</sup>	5	40	8	7	15	20	130	25	YES	50	25	NA	NA	50	50	50	NA	NA	NA	NA
FUZE® Vitalize Orange Mango	5	30	7	7	10	100	170	110	YES	NA	4	4	160	NA	NA	NA	NA	NA	NA	NA
FUZE® Vitalize Fruit Punch	5	30	7	7	15	100	170	110	YES	NA	4	4	150	NA	NA	NA	NA	NA	NA	NA
FUZE® Green Tea with Honey and Ginseng <sup>2</sup>	0	35	9	8	5	50	70	NA	NA	50	NA	NA	NA	50	50	50	NA	NA	NA	NA

The above information applies only to bottles or cans and not to those served from a fountain dispenser. Every product contains 0 grams total fat and 0 grams protein. Values listed in this chart may differ from those declared in the Nutrition Facts panels on product packages due to serving size. The Food and Drug Administration requires the nutrition information for beverage containers of 12-ounces or less to be based on a serving size equal to the net contents of the package rather than the Recommended Amount Customarily Consumed (RACC) of 8 fluid ounces or 240 mL for beverages.

<sup>1</sup> Refresh line also contains less than 2% cream and skim milk.  
<sup>2</sup> FUZE Tea contains approx. 10mg per 8 oz serving of naturally occurring caffeine.

## vitaminwater NUTRITION INFORMATION Serving Size: 12 Fl. Oz. (356 mL)

Product	Calories	Total Carbs (g)	Sugars (g)	Sodium (mg)	Vit. A (%RDI)	Vit. C (%RDI)	Vit. B3 (%RDI)	Vit. B6 (%RDI)	Vit. B12 (%RDI)	Vit. B5 (%RDI)	Zinc (%RDI)	Protein (g)	Trans Fat	Potassium (mg)	Calcium (%RDI)	Vit. E (%RDI)	Folic Acid (%RDI)
Glacéau Vitamin Water® – Power-C Dragonfruit*	75	19	19	0	NA	150	20	20	20	20	10	0	0	NA	NA	NA	NA
Glacéau Vitamin Water® – focus kiwi-strawberry <sup>1</sup>	75	19	19	0	10	100	10	10	10	10	NA	0	0	NA	NA	NA	NA
Glacéau Vitamin Water® – revive-fruit punch*	75	19	19	0	NA	100	20	20	20	20	NA	0	0	NA	NA	NA	NA
Glacéau Vitamin Water® – essential-orange-orange**	75	19	19	0	10	150	10	10	10	10	NA	0	0	105	4	10	10

\* Not a significant source of calories from saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium or iron. \*\* Not a significant source of calories from saturated fat, trans fat, cholesterol, dietary fiber or iron.  
<sup>1</sup> Contains 50mg Lutein—Daily Value not established. Not a significant source of calories from saturated fat, trans fat, cholesterol, dietary fiber, calcium or iron.

## POWERADE NUTRITION INFORMATION Serving Size: 8 Fl. Oz. (240 mL)

Product	Calories	Total Carb (g)	Sugars (g)	Sodium (mg)	Potassium* (mg)	Chloride (mg)	Phosphorus (mg)	Aspartame (mg)	Saccharin (mg)	Acesulfame Potassium (mg)	Caffeine (mg)	Niacin (%RDI)	Vit. B6 (%RDI)	Vit. B12 (%RDI)
Fruit Punch	65	17	15	53	32	83	2	0	0	0	0	10	10	10
Orange	64	17	15	53	32	82	2	0	0	0	0	10	10	10
Lemon-Lime	64	17	15	53	32	83	2	0	0	0	0	10	10	10
Mountain Blast®	64	17	15	53	32	82	2	0	0	0	0	10	10	10
Grape	65	17	15	53	32	48	2	0	0	0	0	10	10	10

The above information applies only to bottled and canned beverages and not to those served from a fountain dispenser. Every product contains 0 grams total fat and 0 grams protein. Values listed in this table may differ from those declared in the nutrition facts on packaging labels due to rounding rules required by the Food and Drug Administration. FDA also specifies that nutrition information for packages less than 16 fluid ounces be based on a serving size equal to the net contents of the package rather than 8 fluid ounces.

## POWER IN OPTION NUTRITION INFORMATION Serving Size: 8 Fl. Oz. (240 mL)

Product	Calories	Total Carb (g)	Sugars (g)	Sodium (mg)	Potassium* (mg)	Chloride (mg)	Phosphorus (mg)	Aspartame (mg)	Sucralose (mg)	Acesulfame Potassium (mg)	Caffeine (mg)	Niacin (%RDI)	Vit. B6 (%RDI)	Vit. B12 (%RDI)
Strawberry	10	2	2	52	33	74	1	0	21	6	0	10	10	10
Black Cherry	10	2	2	52	33	74	1	0	21	6	0	10	10	10
Lemon	10	2	2	52	33	79	1	0	21	6	0	10	10	10
Grape	9	2	2	55	33	79	1	0	21	6	0	10	10	10

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## NUTRITION INFORMATION Serving Size: 10 Fl. Oz. (295 mL)

### Minute Maid Juices To Go®

Product	% Juice	Calories*	Total Carbs (g)	Sugars (g)	Sodium (mg)	Potassium (mg)	Vit. C % RDI*	Calcium % RDI**	Thiamin % RDI**	Vitamin E % RDI**	Vitamin B6 % RDI**	Folate % RDI**	Magnesium % RDI**
Orange Juice	100	140	33	30	20	550	100	2	15	0	6	20	8
Apple Juice	100	140	35	32	25	430	100	10	0	0	0	0	2
Fruit Punch	100	140	36	32	25	430	100	0	0	10	0	0	4
Grape	100	150	39	34	25	430	100	0	0	10	0	0	4
Mixed Berry	100	150	36	34	25	430	100	0	0	10	0	0	2

\* Less than or equal to 120 calories per 8 fl. oz.

\*\* RDI: Reference Daily Intake. The above information applies only to bottles or cans and not to those served from a fountain dispenser. All products are insignificant sources of fat and protein.



## NUTRITION INFORMATION Serving Size: 6.75 Fl. Oz. (200 mL)

### Minute Maid 100% Juice Box

Product	Juice %	Calories	Total Fat (g)	Sodium (mg)	Total Carb (g)	Sugars (g)	Protein (g)	Vit. C % RDI**	Calcium % RDI**	Potassium (mg)	Thiamin % RDI**	Folate % RDI**	Magnesium % RDI**
Apple Juice	100	100	0	15	23	21	0	100	10	350	-	-	2
Minute Maid Kids+ Orange Juice	100	100	0	15	23	20	1*	100	30	380	10	10	4
Fruit Punch	100	100	0	15	24	21	0	100	10	350	-	-	2

\* Not a significant source of protein.

\*\* RDI: Reference Daily Intake. The above information applies only to 200 mL juice box and not to those served from a fountain dispenser. All products are insignificant sources of fat and protein.

## Minute Maid Juices Will Meet The Alliance for a Healthier Generation School Beverage Guidelines

Package	Flavor	2007 Total Fortification – % Daily Value
10oz. JTG Bottle	Orange Juice	15% Thiamin, 20% Folate, 100% Vitamin C, 16% Potassium
10oz. JTG Bottle	Apple	10% Calcium, 12% Potassium, 100% Vitamin C
10oz. JTG Bottle	Fruit Punch	10% Vitamin E, 12% Potassium, 100% Vitamin C
10oz. JTG Bottle	Grape	10% Vitamin E, 12% Potassium, 100% Vitamin C
10oz. JTG Bottle	Mixed Berry	10% Vitamin E, 12% Potassium, 100% Vitamin C
MM Box	Apple	10% Calcium, 10% Potassium, 100% Vitamin C
MM Box	Fruit Punch	10% Calcium, 10% Potassium, 100% Vitamin C
MM Box	Kids+ OJ	15% Vitamin A, 10% Thiamin, 100% Vitamin C, 10% Folate, 11% Potassium, 20% Vitamin D, 15% Vitamin E & 30% Calcium

**Why are these nutrients important for growing kids?**

Calcium	Helps build strong teeth and bones
Vitamin C	An antioxidant that helps maintain healthy skin and a healthy immune system Helps absorb iron from plant foods
Vitamins A	Essential for healthy vision and the immune system
Vitamin E	An important antioxidant that helps to support a healthy immune system
Potassium	Helps kids' busy muscles contract and helps to regulate fluid and mineral balance in the body
Thiamin (Vitamin B1)	Plays a role in the conversion of carbohydrates to energy Needed for normal heart & nerve function
Folate	Plays an essential role in the development of new cells Helps to build healthy red blood cells
Vitamin D	Helps the body absorb calcium and deposit it in the bones. Helps to build healthy bones & teeth



\*\* RDI: Reference Daily Intake. The above information applies only to 10 fl oz bottles and not to those served from a fountain dispenser. All products are insignificant sources of fat and protein.

## NUTRITION INFORMATION Serving Size: 8 Fl. Oz. (240 mL)

### Minute Maid Light

Product	% Juice	Calories	Total Carbs (g)	Sugars (g)	Sodium (mg)	Vitamin C % RDI*	Non-nutritive Sweeteners (mg)
Cherry Limeade	3	5	2	Less than 1	35	0	**
Lemonade	3	5	1	0	80	0	**
Raspberry Passion	3	5	1	Less than 1	80	0	**
Orangeade	3	5	2	1	25	100	**

\*RDI: Reference Daily Intake.

The above information applies only to bottles or cans and not to those served from a fountain dispenser. All products are insignificant sources of fat and protein.

\*\*Minute Maid Light beverages contain less than 75mg of total non-nutritive sweeteners (aspartame, acesulfame potassium and sucralose) per 8 fl oz serving.

Values may differ from those declared in the nutrition facts boxes on cans of Minute Maid Refreshment due to serving size. FDA requires the nutrition information for beverage containers of 12 ounces or less to be based on a serving size equal to the net contents of the package rather than the Recommended Amount Customarily Consumed (RACC) of 8 fluid ounces or 240 mL for beverages. For more information on soft drinks or other ingredient-related questions, please call (800) GET COKE. Consumer Information Center, The Coca-Cola Company, P.O. Box 1734, Atlanta, Georgia 30301 <http://www.cocacola.com>



## NUTRITION INFORMATION Serving Size: 8 Fl. Oz. (240 mL)\*

### Campbell's V-8

Product	Calories	Total Fat (g)	Sat. Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV**	Vitamin C % DV**	Vitamin E % DV**	Calcium % DV**	Iron % DV**
Campbell's Tomato Juice	50	0	0	0	0	680	430	10	2	7	2	10	120	-	2	2
V8 100% Vegetable Juice	50	0	0	-	0	480	470	10	2	8	2	40	120	0	4	4
V.Fusion Peach Mango	120	0	0	-	0	70	210	28	0	26	1	20	100	10	2	2
V.Fusion Pomegranate Blueberry	100	0	0	0	0	60	280	25	0	23	0	15	100	10	2	2
V. Fusion Strawberry Banana	120	0	0	-	0	70	250	28	0	25	1	70	100	10	2	2

\*The nutrition information contained in this list of Nutrition Facts is based on our current data. However, because data may change from time to time, this information may not always be identical to the nutritional label information of products on the shelf.

\*\*% Daily Values (DV) are based on a 2,000 calorie diet.

Flavor	Total Fortification – % Daily Value
V8 100% Vegetable Juice 8 oz serving	40% Vitamin A, 120% Vitamin C, 13% Potassium, 4% Calcium contains a powerful antioxidant lycopene
V8 V-Fusion Peach Mango 8 oz serving	20% Vitamin A, 100% Vitamin C, 10% Vitamin E, 2% Calcium
V8 V-Fusion Pomegranate Blueberry 8 oz serving	15% Vitamin A, 100% Vitamin C, 10% Vitamin E, 2% Calcium
V8 V-Fusion Strawberry Banana 8 oz serving	70% Vitamin A, 100% Vitamin C, 10% Vitamin E, 2% Calcium



## NUTRITION INFORMATION Serving Size: 8 Fl. Oz. (240 mL)

Product	Calories	Total Carbs (g)	Sugars (g)	Sodium (mg)	Phosphorous (mg)	Caffeine (mg)	Aspartame (mg)	Acesulfame Potassium (mg)	Sucralose (mg)
diet NESTEA® with Lemon	2	0	0	32	36	10	36	32	15
diet NESTEA® Peach Green Tea	4	0.3	0	32	20	17	38	32	13
diet NESTEA® White Tea Berry Honey	2.5	0.1	0	32	22	10	50	33	0

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