

Nutritional Content of Beverages

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

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

Most

Rank	Company	Brand (sub-brand)	Category	Subcategory	# of products	Sugar (g)		Calories (kcal)		0-calorie sweeteners (Y/N)***	Caffeine (median mg)***	% juice (median) ***
						Median	Range	Median	Range			
1	Jones Soda Co.	Jones	Regular soda	Full-calorie	9	43	36-48	165	160-190	N	0	0
2	Reed's	Virgil's	Regular soda	Full-calorie	6	42	42	160	160	N	0	0
3	Carolina Beverage Corporation	Cheerwine	Regular soda	Full-calorie	1	42	42	150	150	N	**	0
4	Reed's	Reed's	Regular soda	Full-calorie	6	37	37	145	145	N	0	50 (1)
5	Goya	Nectars	Fruit drink	Full-calorie	5	35	33-46	150	140-180	**	0	23
6	Dr Pepper Snapple Group	Tahitian Treat	Regular soda	Full-calorie	1	33	33	120	120	N	0	0
7	Welch Foods Inc.	Welch's	Fruit drink	Full-calorie	23	32	23-36	130	100-150	**	0	20
8	Campbell Soup Company	Bolthouse Farms	Fruit drink	Full-calorie	1	32	32	130	130	N	**	**
9	Dr Pepper Snapple Group	Big Red	Regular soda	Full-calorie	5	32	25-36	120	120-140	N	0	0
10	Coca-Cola	Fanta	Regular soda	Full-calorie	5	32	30-32	120	108-120	N	0	0
11	Stremick's Heritage Foods	Kern's	Fruit drink	Full-calorie	4	31	29-31	139	132-146	**	0	**
12	Rockstar	Rockstar	Energy drink	Full-calorie	5	31	30-33	130	130-140	Y	120	0
13	Dr Pepper Snapple Group	Stewart's Fountain Classics	Regular soda	Full-calorie	10	31	27-33	127	110-133	N	0	0
14	Dr Pepper Snapple Group	A&W	Regular soda	Full-calorie	2	31	30-32	120	120	N	10	0
15	PepsiCo	Mug	Regular soda	Full-calorie	2	31	29-32	115	110-120	N	0	0
16	Coca-Cola	Mello Yello	Regular soda	Full-calorie	1	31	31	113	113	N	**	0
17	Langers Juice Company	Langers	Fruit drink	Full-calorie	25	30	26-37	130	120-165	Y	0	27
18	Welch Foods Inc.	Welch's Chillers	Fruit drink	Full-calorie	5	30	28-33	130	120-140	**	0	10
19	Dr Pepper Snapple Group	Crush	Regular soda	Full-calorie	9	30	27-34	120	108-130	N	0	0
19 (tie)	Dr Pepper Snapple Group	Sunkist	Regular soda	Full-calorie	8	30	29-34	120	110-130	N	0	0
21	Nestle	Poland Spring (Nature's Blends)	Fruit drink	Full-calorie	7	30	30	120	120	**	0	**
22	Dr Pepper Snapple Group	IBC	Regular soda	Full-calorie	4	30	29-32	117	110-120	N	0	0
23	Dr Pepper Snapple Group	Sun Drop	Regular soda	Full-calorie	1	30	30	116	116	N	42	**
24	PepsiCo	Mtn Dew	Regular soda	Full-calorie	9	30	29-31	110	110-120	N	36	0
25	Coca-Cola	Barq's	Regular soda	Full-calorie	1	30	30	110	110	N	22	0
26	Coca-Cola	Full Throttle	Energy drink	Full-calorie	5	29	24-29	120	111-148	**	**	**
27	Britvic	Robinsons Fruit Shoot	Fruit drink	Full-calorie	3	29	25-29	119	119	N	10	0
28	Coca-Cola	Minute Maid	Fruit drink	Full-calorie	16	29	21-57	110	80-217	Y	0	11
29	Dr Pepper Snapple Group	RC Cola	Regular soda	Full-calorie	2	29	28-29	110	110	N	29	0
29 (tie)	PepsiCo	AMP Energy	Energy drink	Full-calorie	2	29	29	110	110	N	76	0
31	PepsiCo	Tropicana	Fruit drink	Full-calorie	16	28	26-38	120	100-150	N	0	8
32	Coca-Cola	Simply	Fruit drink	Full-calorie	7	28	28-34	120	110-130	N	0	12

continued

Nutritional Content of Beverages cont'd

Rank	Company	Brand (sub-brand)	Category	Subcategory	# of products	Sugar (g)		Calories (kcal)		0-calorie sweeteners (Y/N)***	Caffeine (median mg)***	% juice (median) ***
						Median	Range	Median	Range			
33	Coca-Cola	Calypso	Fruit drink	Full-calorie	12	28	28	120	120	N	0	6
34	Polar Beverages	Polar	Regular soda	Full-calorie	15	28	11-32	110	90-130	N	0	**
34 (tie)	Ocean Spray	Ocean Spray	Fruit drink	Full-calorie	21	28	21-32	110	80-130	**	**	20
36	Coca-Cola	Bright & Early	Fruit drink	Full-calorie	3	28	24-30	110	90-110	Y	0	0
37	Novamex	Jarritos	Regular soda	Full-calorie	6	28	22-29	110	90-120	N	0	0
38	PepsiCo	Pepsi	Regular soda	Full-calorie	4	28	26-28	110	110	N	25	0
39	PepsiCo	Manzanita Sol	Regular soda	Full-calorie	5	28	27-30	107	100-113	N	0	0
41	Dr Pepper Snapple Group	Squirt	Regular soda	Full-calorie	2	28	25-30	105	100-110	N	13	0
41	Alamance Foods	Happy Drinks	Fruit drinks	Full-calorie	11	27	27	120	120	N	0	0
42	Dr Pepper Snapple Group	Canada Dry	Regular soda	Full-calorie	8	27	24-32	110	90-124	N	0	0
43	Newman's Own	Newman's Own	Fruit drinks	Full-calorie	4	27	26-27	110	110	N	0	0
44	Coca-Cola	NOS	Energy drink	Full-calorie	3	27	27	105	105	Y	**	0
45	Dr Pepper Snapple Group	Dr Pepper	Regular soda	Full-calorie	5	27	25-28	100	100-110	N	27	0
46	Coca-Cola	Coca-Cola	Regular soda	Full-calorie	4	27	26-28	99	93-100	N	34	0
47	S. Martinelli & Company	Martinelli's	Fruit drinks	Full-calorie	4	26	24-29	120	100-120	N	0	11
48	Turkey Hill Dairy	Turkey Hill	Fruit drink	Full-calorie	4	26	25-28	120	100-120	N	0	**
49	Bug Juice	Bug Juice	Fruit drink	Full-calorie	3	26	26-29	110	110-120	**	0	**
50	Red Bull	Red Bull	Energy drink	Full-calorie	1	26	26	106	106	**	80	0
51	Dr Pepper Snapple Group	Cactus Cooler	Regular soda	Full-calorie	1	26	26	100	100	N	0	**
51 (tie)	Dr Pepper Snapple Group	Vernors	Regular soda	Full-calorie	1	26	26	100	100	N	0	**
51 (tie)	PepsiCo	Sierra Mist	Regular soda	Full-calorie	2	26	25-26	100	100	N	0	0
54	Coca-Cola	Pibb Xtra	Regular soda	Full-calorie	1	26	26	93	93	N	**	0
55	S. Martinelli & Company	Martinelli's	Fruit drink	Full-calorie	5	25	9-29	120	45-120	Y	0	11
56	Jumex Group	Jumex	Fruit drink	Full-calorie	7	25	22-39	110	90-170	Y	0	19
57	Johanna Foods	Ssips	Fruit drink	Full-calorie	7	25	19-38	110	80-160	**	0	15
58	Monster Beverage Corporation	Monster Energy	Energy drink	Full-calorie	11	25	18-27	110	70-110	Y	82	0
59	National Beverage Corp	Faygo	Regular soda	Full-calorie	9	25	23-28	100	90-110	Y	0	**
60	Coca-Cola	Minute Maid (Coolers)	Fruit drink	Full-calorie	6	25	24-27	100	90-100	N	0	10
61	PepsiCo	SoBe	Fruit drink	Full-calorie	10	25	21-26	100	80-100	Y	0	0
62	Dr Pepper Snapple Group	7UP	Regular soda	Full-calorie	3	25	25	100	102	N	0	0
63	Coca-Cola	Sprite	Regular soda	Full-calorie	1	25	25	100	100	N	0	0
63 (tie)	Campbell Soup Company	V8 Fusion (Refreshers)	Fruit drink	Full-calorie	4	25	24-25	100	100	**	0	25
63 (tie)	Coca-Cola	Fuze	Fruit drink	Full-calorie	1	25	25	100	100	**	0	3
66	Goya	Malta	Regular soda	Full-calorie	1	24	24	110	110	N	0	34
67	Arizona	Arizona	Fruit drink	Full-calorie	13	24	16-28	100	70-120	**	0	10
67 (tie)	Dr Pepper Snapple Group	Snapple	Fruit drink	Full-calorie	18	24	20-28	100	90-120	N	0	5
69	Unilever	Lipton	Fruit drink	Full-calorie	2	23	18-27	85	70-100	Y	0	1

continued

Nutritional Content of Beverages cont'd

Rank	Company	Brand (sub-brand)	Category	Subcategory	# of products	Sugar (g)		Calories (kcal)		0-calorie sweeteners (Y/N)***	Caffeine (median mg)***	% juice (median) ***
						Median	Range	Median	Range			
70	J.M. Smucker Company	Santa Cruz Organic	Fruit drink	Full-calorie	6	22	21-25	90	90-100	**	0	13
71	National Beverage Corp	Shasta	Regular soda	Full-calorie	5	22	19-26	87	80-100	Y	0	**
72	Coca-Cola	Hi-C	Fruit drink	Full-calorie	3	22	22-23	80	80-90	**	0	10
73	Dr Pepper Snapple Group	Schweppes	Regular soda	Full-calorie	1	22	22	80	80	N	0	0
74	Dr Pepper Snapple Group	Snapple	Iced tea/coffee	Full-calorie	7	21	17-26	80	65-110	N	19	0
75	Coca-Cola	Gold Peak	Iced tea/coffee	Full-calorie	5	21	11-24	80	60-93	N	12	0
76	PepsiCo	SoBe	Iced tea/coffee	Full-calorie	1	20	20	80	80	Y	10	0
77	Monster Beverage Corporation	Java Monster	Energy drink	Full-calorie	5	19	15-19	110	110-120	Y	100	0
78	Starbucks	Tazo	Iced tea/coffee	Full-calorie	16	19	8-21	76	29-87	**	18	**
79	Nestle	Tradewinds	Iced tea/coffee	Full-calorie	5	19	18-23	70	70-90	N	**	0
80	Campbell Soup Company	V8 Splash	Fruit drink	Full-calorie	10	18	16-19	80	70-80	**	0	**
81	Karhl Holdings LLC	Two If By Tea	Iced tea/coffee	Full-calorie	4	18	15-20	70	60-80	N	**	0
82	Nestle	Sweet Leaf	Iced tea/coffee	Full-calorie	6	18	15-19	70	60-70	**	15	0
83	PepsiCo	Lipton Pure Leaf	Iced tea/coffee	Full-calorie	6	18	11-28	69	43-108	N	25	0
84	Arizona	Arizona	Iced tea/coffee	Full-calorie	27	17	13-25	70	50-100	Y	15	5
85	Coca-Cola	Seagram's	Regular soda	Full-calorie	1	17	17	67	67	Y	**	0
86	Kraft Foods	Capri Sun	Fruit drink	Full-calorie	18	16	16-33	60	60-130	N	0	10
87	XINGtea	XINGtea	Iced tea/coffee	Full-calorie	3	16	16-20	60	60-80	**	**	0
87 (tie)	Kraft Foods	Kool-Aid (Jammers, Twists, packets)	Fruit drink	Full-calorie	17	16	16-20	60	60-80	N	**	0
89	Starbucks	Starbucks	Iced tea/coffee	Full-calorie	21	15	5-28	107	60-169	Y	76	0
90	Dr Pepper Snapple Group	Hawaiian Punch	Fruit drink	Full-calorie	15	15	13-29	60	60-110	Y	0	5
91	Johanna Foods	Ssips	Iced tea/coffee	Full-calorie	2	15	12-17	60	50-70	**	0	0
92	PepsiCo	AMP Energy	Energy drink	Full-calorie	3	15	15	60	60	Y	80	0
93	Monster Beverage Corporation	Huberts	Fruit drink	Full-calorie	11	14	14-17	60	60-80	Y	0	10
94	Sunny Delight Beverages	Sunny D	Fruit drink	Full-calorie	13	14	14-15	60	50-60	Y	0	5
95	Tuscan Dairy Farms	Fruit Rush	Fruit drink	Full-calorie	4	14	14	60	60	Y	0	**
96	Reed's	Reed's	Regular soda	Full-calorie	1	14	14	55	55	Y	0	25
97	Coca-Cola	Powerade	Sports drink	Full-calorie	8	14	14	53	53	N	0	0
98	Coca-Cola	Fuze	Iced tea/coffee	Full-calorie	4	14	12-17	50	47-67	N	**	0
99	PepsiCo	Gatorade	Sports drink	Full-calorie	21	14	14	50	50-53	N	0	0
100	Starbucks	Starbucks (Refreshers)	Energy drink	Full-calorie	3	13	13	60	60	**	33	0
100 (tie)	Campbell Soup Company	Bolthouse Farms	Fruit drink	Full-calorie	1	13	13	60	60	Y	0	**
102	Unilever	Lipton	Iced tea/coffee	Full-calorie	16	13	11-23	50	45-80	Y	7	1
103	Arizona	Arizona	Iced tea/coffee	Full-calorie	3	13	13	50	50	Y	11	**
104	Coca-Cola	Vitamin Water	Flavored water	Full-calorie	10	13	12-13	48	48	N	0	0

continued

Ranking Table 1

Nutritional Content of Beverages cont'd

Rank	Company	Brand (sub-brand)	Category	Subcategory	# of products	Sugar (g)		Calories (kcal)		0-calorie sweeteners (Y/N)***	Caffeine (median mg)***	% juice (median)***
						Median	Range	Median	Range			
105	Houchens Industries	Tampico	Fruit drink	Full-calorie	10	12	12-15	60	50-70	Y	0	**
106	Monster Beverage Corporation	Peace Tea	Iced tea/coffee	Full-calorie	8	12	11-13	50	50	Y	**	5
107	Coca-Cola	Honest Tea	Iced tea/coffee	Full-calorie	3	12	11-12	47	47	y	22	2
108	Nestle	Nestea	Iced tea/coffee	Full-calorie	8	11	11-12	50	45-50	Y	**	0
109	Unilever	Lipton (select varieties)	Iced tea/coffee	Reduced-sugar	2	11	10-11	40	40	Y	3	1
110	PepsiCo	Pepsi (NEXT)	Regular soda	Reduced-sugar	1	10	10	40	40	Y	23.5	**
110 (tie)	Apple & Eve	Apple & Eve (Waterfruits)	Flavored water	Reduced-sugar	3	10	10	40	40	N	0	10
110 (tie)	PepsiCo	SoBe (Lifewater)	Flavored water	Reduced-sugar	7	10	8-10	40	35-40	Y	0	0
110 (tie)	BYB Brands, Inc.	Tum E Yummies	Fruit drink	Reduced-sugar	5	10	10	40	40	**	0	0
110 (tie)	PepsiCo	Mtn Dew (Kickstart)	Regular soda	Reduced-sugar	2	10	10	40	40	Y	46	5
115	Kraft Foods	Kool-Aid (Bursts, Singles)	Fruit drink	Reduced-sugar	9	9	7-9	35	30-35	Y	**	**
116	Vita Coco	Vita Coco Kids	Fruit drink	Reduced-sugar	5	8	8	35	35	N	0	50
117	Coca-Cola	Honest Tea	Iced tea/coffee	Reduced-sugar	16	8	5-10	30	17-38	N	24	0
118	Jones Soda Co.	Jones (select flavors)	Regular soda	Reduced-sugar	6	8	8	30	30	Y	**	**
118 (tie)	Coca-Cola	Capri Sun (Roarin' Waters)	Flavored water	Reduced-sugar	6	8	8	30	30	Y	0	0
120	Coca-Cola	Minute Maid (Light)	Fruit drink	Reduced-sugar	2	6	2-10	33	15-40	Y	0	24
121	Dr Pepper Snapple Group	Snapple (diet varieties)	Fruit drink	Reduced-sugar	2	6	2-9	25	10-40	Y	6	3
122	Monster Beverage Corporation	Java Monster (Vanilla Light)	Energy drink	Reduced-sugar	1	5	5	50	50	Y	99	0
123	PepsiCo	Gatorade (G2)	Sports drink	Reduced-sugar	12	5	5	20	20	Y	0	0
124	Monster Beverage Corporation	Monster Energy (select varieties)	Energy drink	Reduced-sugar	7	3	3-6	10	10-25	Y	83	0
125	Rockstar	Rockstar (Recovery)	Energy drink	Reduced-sugar	2	3	3	10	10	Y	160	3
126	Starbucks	Starbucks (Low Calorie)	Iced tea/coffee	Reduced-sugar	1	2	2	36	36	**	80	0
127	Royal Wessanen	Little Hug Fruit Barrels	Fruit drink	Reduced-sugar	10	2	2	10	10	**	0	0
128	Ocean Spray	Ocean Spray (Diet and other)	Fruit drink	Reduced-sugar	13	2	2-13	5	5-50	**	**	**
129	Coca-Cola	NOS (Fruit Punch, Active-Acai Pomegranate Blueberry)	Energy drink	Reduced-sugar	2	1	1	7	7	Y	81	0

Least

continued

Nutritional Content of Beverages cont'd

DIET CHILDREN'S DRINKS, ENERGY DRINKS AND ENERGY SHOTS

Company	Brand (sub-brand)	Category	Subcategory	# of products	Sugar (g)		Calories (kcal)		0-calorie sweeteners (Y/N)***	Caffeine (median mg)***	% juice (median) ***
					Median	Range	Median	Range			
Dr Pepper Snapple Group	Hawaiian Punch (Juicy Red Light)	Fruit drink	Diet****	1	2	2	10	10	Y	0	5
Coca-Cola	Minute Maid (Fruit Falls)	Flavored water	Diet****	2	1	1	6	6	Y	0	3
Jel Sert Company	Hawaiian Punch	Fruit drink	Diet	10	0	0	5	5	Y	0	0
Kraft Foods	Kool-Aid (Liquid Drink Mix)	Fruit drink	Diet	4	0	0	0	0	Y	0	0
Joseph Co. Intl LLC	West Coast Chill	Energy drink	Diet	1	0	0	10	10	Y	0	0
PepsiCo	AMP Energy	Energy drink	Diet	2	0	0	7	5-10	Y	76	0
Innovation Ventures	5-hour Energy	Energy drink	Shot	7	0	0	4	4	Y	200	0
Red Bull	Red Bull	Energy drink	Diet	2	0	0	5	0-10	Y	80	0
Novartis	NoDoz	Energy drink	Shot	2	0	0	1	1	**	115	0
Monster Beverage Corporation	Monster Energy	Energy drink	Diet	5	0	0	0	0	Y	70	0
Coca-Cola	NOS	Energy drink	Diet	3	0	0	0	0	Y	80	0
Rockstar	Rockstar	Energy drink	Diet	6	0	0	0	0	Y	120	0
SK Energy Shots	SK Energy	Energy drink	Shot	4	0	0	0	0	Y	280	0
NVE Pharmaceuticals	Stacker 2 XTRA	Energy drink	Shot	2	0	0	0	0	Y	**	0

*Serving size is eight ounces, except for products sold only in smaller packaging, for example children's products in smaller, single-serve pouches or boxes (6 to 6.8 ounces) and energy shots (approx 2 to 2.5 ounces).

**Not reported

***Y indicates the ingredient was present in at least one of the products; medians are for drinks reporting amounts

****Sugar in these drinks comes from juice

Shading indicates children's product

Source: Nutrition analysis (August, 2014)