

## Nutrition information for sugary drinks and energy drinks\*

Ranking by median sugar (g), then by median calories (kcal), then by maximum sugar (g), then by median caffeine (mg)

Rank	Company	Brand (sub-brand)	Category	# of varieties available	Serving size (oz)		Sugar (g)		Calories (kcal)		Juice (median %)	Caffeine (median mg)	Zero-calorie sweeteners**
					Median	Range	Median	Range	Median	Range			
1	Coca-Cola	Mello Yello	Regular soda	3	20	12-20	77	46-77	290	170-290	<1	51	
2	Dr Pepper Snapple Group	Canada Dry (Fruit Flavored Soda)	Regular soda	7	20	10-20	72	32-81	270	120-310	0	0	
3	Rockstar	Rockstar	Energy drink	2	16	--	61.5	61-62	260	--	0	200	✓
4	Hansen Beverage	Monster	Energy drink	1	16	--	54	--	230	--	0	160	✓
5	Coca-Cola	NOS	Energy drink	6	16	--	51.5	50-54	210	200-220	0	160	✓
6	Hansen Beverage	Monster (Juice)	Energy drink	4	16	--	49	37-55	205	170-230	16	157.5	✓
7	Gosling Brothers	Stormy Ginger Beer	Regular soda	1	12	--	47	--	180	--	0	0	
8	Dr Pepper Snapple Group	Snapple (Fruit Drink)	Fruit drink	16	16	--	46	34-54	190	150-230	10	0	
9	PepsiCo	Mtn Dew	Regular soda	3	12	--	46	44-46	170	--	0.5	54	
10	PepsiCo	Tropicana	Fruit drink	4	15.2	12-15.2	45	35-51	195	170-220	27.5	0	
11	Dr Pepper Snapple Group	Penafiel	Regular soda	6	20.3	--	45	29-60	175	110-230	1	0	✓
12	Coca-Cola	Gold Peak	Iced tea	6	18.5	12-18.5	44.5	36-48	180	140-190	0	34	
13	Milo's Tea	Milo's	Iced tea	3	20	12-20	44	20-48	180	80-200	0	50	
14	Coca-Cola	Fanta	Regular soda	14	12	12-20	44	37-61	160	140-230	0	0	
15	Dr Pepper Snapple Group	Dr Pepper (Cherry)	Regular soda	1	12	--	42	--	160	--	0	40	
16	Carolina Beverage	Cheerwine	Regular soda	1	12	--	42	--	150	--	0	47	
17	PepsiCo	Pepsi	Regular soda	7	12	--	41	35-42	150	130-160	0	38	
18	Coca-Cola	Coke (Classic)	Regular soda	4	12	--	40.5	39-42	145	140-150	0	34	
19	Dr Pepper Snapple Group	Dr Pepper	Regular soda	1	12	--	39	--	150	--	0	41	
20	Ocean Spray Cranberries	Ocean Spray	Fruit drink	20	12	--	39	30-39	150	120-165	12	0	
21	Coca-Cola	Simply	Fruit drink	12	11.5	11.5-12	38.5	30-48	155	130-190	11.5	0	
22	National Beverage Corp	Faygo	Regular soda	4	12	--	38.5	34-41	150	130-170	0	0	✓
23	Red Bull	Red Bull	Energy drink	8	12	--	38	38-39	160	157-160	0	114	
24	Coca-Cola	Sprite (Cranberry)	Regular soda	1	12	--	38	--	140	--	0	0	
24 (tie)	Dr Pepper Snapple Group	7-Up	Regular soda	3	12	--	38	--	140	--	0	0	
26	Dr Pepper Snapple Group	Snapple (Iced Tea)	Iced tea	6	16	--	37	30-51	155	120-210	0	37	
27	PepsiCo	Tropicana (Premium)	Fruit drink	9	12	--	36	24-38	150	120-165	12	0	
28	PepsiCo	Sierra Mist	Regular soda	2	12	--	36	35-37	140	--	0	0	
29	Dr Pepper Snapple Group	Canada Dry (Ginger Ale)	Regular soda	4	12	--	36	35-36	140	--	0	0	
29 (tie)	Dr Pepper Snapple Group	Canada Dry (Ginger Ale & Lemonade)	Regular soda	1	12	--	36	--	140	--	1	0	

continued

## Nutrition information for sugary drinks and energy drinks\* (continued)

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					Median	Range	Median	Range	Median	Range			
29 (tie)	Dr Pepper Snapple Group	Canada Dry (Ginger Ale & Orangeade)	Regular soda	1	12	--	36	--	140	--	1	0	
32	Coca-Cola	Sprite	Regular soda	4	12	12-20	36	33-64	135	120-240	0	0	
33	Interstate Beverage	Jarritos	Regular soda	5	12.5	--	34	34-44	141	141-172	0	0	
34	Dr Pepper Snapple Group	Snapple (Straight Up Tea)	Iced tea	2	18.5	--	33.5	22-45	135	90-180	0	27	
35	Pepsi Lipton	Pure Leaf	Iced tea	10	18.5	12-18.5	32.5	25-64	130	100-240	0	59	✓
36	Wonderful	Pom Wonderful (Antioxidant Super Tea)	Iced tea	4	12	--	29.5	28-32	130	120-140	0	1.5	
37	Nestle	Sanpellegrino	Fruit drink	8	11.15	--	28.5	26-31	130	120-140	16	0	
38	BA Sports Nutrition	BodyArmor	Sports drink	10	16	--	28	--	120	--	10	0	
39	Coca-Cola	Glaceau Vitaminwater	Flavored water	10	20	--	27	26-32	100	100-120	0	0	
40	Kill Cliff	Kill Cliff (Endure)	Sports drink	3	16	--	26	--	100	100-120	0	0	✓
41	Pepsi Lipton	Lipton (Iced tea mix)	Iced tea	2	12	--	25.5	25-26	102.5	100-105	0	4.5	✓
42	Pepsi Lipton	Lipton (Splash of Juice)	Iced tea	2	20	--	25.5	25-26	100	--	3	24	✓
43	Pepsi Lipton	Lipton	Iced tea	9	16.9	12-16.9	25	17-28	100	70-110	0	21	✓
44	Coca-Cola	Honest Tea	Iced tea	7	16.9	--	25	19-26	100	70-100	0	46	
45	PepsiCo	Mtn Dew (Spiked)	Regular soda	1	12	--	25	--	100	--	2	54	✓
46	PepsiCo	Mtn Dew (ICE)	Regular soda	2	12	--	25	--	95	90-100	1	54	✓
47	Coca-Cola	Coke (Life)	Regular soda	1	12	--	24	--	90	--	0	28	✓
48	Red Bull	Red Bull (Organics)	Regular soda	4	8.4	--	22	--	90	90-100	***	0	
49	PepsiCo	Pepsi (True)	Regular soda	1	10	--	22	--	80	--	0	28	✓
50	PepsiCo	Gatorade (Flow)	Sports drink	4	12	12-20	21	21-34	80	80-140	0	0	
50 (tie)	PepsiCo	Gatorade (Frost)	Sports drink	8	12	12-20	21	21-34	80	80-140	0	0	
52	Coca-Cola	Powerade	Sports drink	15	12	--	21	--	80	--	0	0	
52 (tie)	PepsiCo	Gatorade (Original)	Sports drink	14	12	--	21	--	80	--	0	0	
52 (tie)	PepsiCo	Gatorade (Powder)	Sports drink	6	12	--	21	--	80	--	0	0	
55	Pepsi Lipton	Pure Leaf (Organic Tea House Collection)	Iced tea	4	14	--	20	17-20	85	70-90	0	39	
56	PepsiCo	Mtn Dew (Kickstart)	Regular soda	9	16	12-16	19	14-20	80	60-80	5	90	✓
57	PepsiCo	Tropicana (Trop50 Lemonade)	Fruit drink	1	12	--	18	--	75	--	10	0	✓
58	Pepsi Lipton	Brisk	Iced tea	11	12	--	18	16-20	70	60-75	0	8	✓
59	Ocean Spray Cranberries	Ocean Spray (Light)	Fruit drink	3	12	--	17	15-17	75	--	25	0	✓
60	Pepsi Lipton	Brisk	Fruit drink	5	12	12-20	17	17-28	70	70-110	1	0	✓

continued

## Nutrition information for sugary drinks and energy drinks\* (continued)

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					Median	Range	Median	Range	Median	Range			
61	Nestle	Sanpellegrino (Organic)	Fruit drink	3	6.75	--	16	15-17	70	70-80	19	0	
62	Coca-Cola	Gold Peak (Slightly Sweet)	Iced tea	1	12	--	16	--	60	--	0	33	
63	Coca-Cola	Honest Tea (Just a Tad Sweet)	Iced tea	10	16	--	15	5-18	60	25-70	<1	61.5	
64	PepsiCo	Gatorade (Endurance Formula Powder)	Sports drink	4	12	--	13	--	90	--	0	0	
65	Milo's Tea	Milo's (M59)	Iced tea	1	12	--	12	--	55	--	0	0	✓
66	PepsiCo	Gatorade (G2 Powder)	Sports drink	3	20	--	12	--	50	--	0	0	✓
67	Sunshine Beverages	Sunshine	Energy drink	3	8.4	--	10	--	40	--	0	50	✓
68	Dr Pepper Snapple Group	Penafiel (Twist)	Regular soda	2	20.3	--	8	--	40	--	0	0	
69	Coca-Cola	Simply (Light)	Fruit drink	3	12	11.5-12	8	8-9	38	38-40	10	0	✓
70	Nestle	Sanpellegrino (Momenti)	Fruit drink	3	11.15	--	7	7-8	35	--	6	0	
71	PepsiCo	Gatorade (G2)	Sports drink	9	12	12-20	7	7-12	30	30-50	0	0	✓
72	Hansen Beverage	Monster (Lo-Carb)	Energy drink	1	16	--	6	--	30	--	0	140	✓
73	Hansen Beverage	Monster (Rehab)	Energy drink	4	15.5	--	5	4-8	25	20-40	3.5	163	✓
74	Dr Pepper Snapple Group	Dr Pepper (Ten)	Regular soda	1	12	--	2	--	10	--	0	50	✓
75	Kill Cliff	Kill Cliff (Ignite)	Energy drink	4	12	--	0	--	25	25-30	0	150	✓
76	Red Bull	Red Bull (Sugar Free)	Energy drink	3	12	--	0	--	15	10-15	0	114	✓
77	Celsius	Celsius	Energy drink	17	12	--	0	--	10	10-15	<1	200	✓
78	Innovation Ventures	5-hour Energy	Energy drink	2	1.93	--	0	--	4	--	0	215	✓
79	Innovation Ventures	5-hour Energy (Tea)	Energy drink	3	1.93	--	0	--	4	--	0	200	✓
80	Glanbia	BSN Endorush	Energy drink	5	16	--	0	--	0	--	0	350	✓
81	Rockstar	Rockstar (Xdurance)	Energy drink	5	16	--	0	--	0	--	0	300	✓
82	Rockstar	Rockstar (Pure Zero)	Energy drink	4	16	--	0	--	0	--	0	240	✓
83	Anheuser-Busch Inbev	Hiball	Energy drink	5	16	--	0	--	0	--	0	160	
84	Coca-Cola	NOS (Sugar Free)	Energy drink	1	16	--	0	--	0	--	0	160	✓
85	Rockstar	Rockstar (Sugar Free)	Energy drink	1	16	--	0	--	0	--	0	160	✓
86	Hansen Beverage	Monster (Zero)	Energy drink	6	16	--	0	--	0	0-10	0	140	✓
87	Zevia	Zevia	Energy drink	4	12	--	0	--	0	--	0	120	✓

\*Includes all sub-brands offered by brands that spent \$100,000 or more in advertising in 2018, excluding children's drinks

\*\*Checkmark indicates that at least one variety from the sub-brand contained zero-calorie sweeteners

\*\*\*Information not available

Source: Nutrition analysis (March 2020)