

Nutritional Content of Flavored Water

Ranking by sugar content then by calories

Brand	Variety	Type	Serving size (oz)	Calories (kcal)	Fat (g)	Sodium (mg)	Sugar (g)	Protein (g)	% juice	Zero-calorie sweeteners	Artificial Colors
Capri Sun	Berry	Light	6	30	0	15	8	0	-	Yes	No
Capri Sun	Fruit Punch	Light	6	30	0	15	8	0	-	Yes	No
Capri Sun	Grape	Light	6	30	0	15	8	0	-	Yes	No
Capri Sun	Strawberry Kiwi	Light	6	30	0	15	8	0	-	Yes	No
Capri Sun	Tropical Fruit	Light	6	30	0	15	8	0	-	Yes	No
Capri Sun	Wild Cherry	Light	6	30	0	15	8	0	-	Yes	No
SoBe	Mango Mandarin	Light	8	35	0	45	8	0	10	Yes	Yes
SoBe	Pacific Coconut	Light	8	35	0	45	8	0	10	Yes	No
SoBe	Pomegranate Nectarine	Light	8	35	0	45	8	0	10	Yes	No
Apple & Eve Waterfruits	Fruit Punch Frenzy	Light	7	40	0	15	10	0	10	No	No
Apple & Eve Waterfruits	Tropical Fruit Twister	Light	7	40	0	15	10	0	10	No	No
Apple & Eve Waterfruits	Verry Berry Blast	Light	7	40	0	15	10	0	10	No	No
SoBe	Blackberry Grape	Light	8	40	0	20	10	0	0	Yes	No
SoBe	Orange Tangerine	Light	8	40	0	25	10	0	0	Yes	No
SoBe	Pomegranate Cherry	Light	8	40	0	25	10	0	0	Yes	No
SoBe	Strawberry Kiwi	Light	8	40	0	25	10	0	0	Yes	No
Glaceau	Coco-refresh (pineapple-coconut)	Regular	8	48	0	12	12	0	0	*	*
Glaceau	revive (fruit punch)	Regular	8	48	0	0	12	0	0	No	No
Glaceau	Squeezed (lemonade)	Regular	8	48	0	0	12	0	0	*	*
Glaceau	defense (raspberry-apple)	Regular	8	48	0	0	13	0	0	No	No

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Glaceau	energy (tropical citrus)	Regular	8	48	0	0	13	0	0	No	No
Glaceau	essential (orange-orange)	Regular	8	48	0	0	13	0	0	No	No
Glaceau	focus (kiwi-strawberry)	Regular	8	48	0	0	13	0	0	No	No
Glaceau	Formula 50 (grape)	Regular	8	48	0	0	13	0	0	*	*
Glaceau	power-c (dragonfruit)	Regular	8	48	0	0	13	0	0	No	No
Glaceau	xxx (acai-blueberry-pomegranate)	Regular	8	48	0	0	13	0	0	No	No

*Information Unavailable