

Nutritional Content of Fruit Drinks

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
Kool-Aid	Cherry	Diet	8	0	0	5	0	0	0	Yes	Yes
Kool-Aid	Grape	Diet	8	0	0	0	0	0	0	Yes	Yes
Kool-Aid	Orange	Diet	8	0	0	10	0	0	0	Yes	Yes
Kool-Aid	Tropical Punch	Diet	8	0	0	0	0	0	0	Yes	Yes
Hawaiian Punch	Berry Blue Typhoon	Diet	8	5	0	5	0	0	0	Yes	Yes
Hawaiian Punch	Berry Bonker	Diet	8	5	0	15	0	0	0	Yes	Yes
Hawaiian Punch	Berry Limeade Blast	Diet	8	5	0	5	0	0	0	Yes	Yes
Hawaiian Punch	Fruit Juciy Red	Diet	8	5	0	15	0	0	0	Yes	Yes
Hawaiian Punch	Green Berry Rush	Diet	8	5	0	15	0	0	0	Yes	Yes
Hawaiian Punch	Lemon Lime Splash	Diet	8	5	0	20	0	0	0	Yes	Yes
Hawaiian Punch	Lemonberry Squeeze	Diet	8	5	0	5	0	0	0	Yes	Yes
Hawaiian Punch	Orange Ocean	Diet	8	5	0	5	0	0	0	Yes	Yes
Hawaiian Punch	Polar Blast	Diet	8	5	0	15	0	0	0	Yes	Yes
Hawaiian Punch	Wild Purple Smash	Diet	8	5	0	15	0	0	0	Yes	Yes
Ocean Spray	Diet Cran-Lemonade Cranberry Lemonade Juice Drink	Light	8	5	0	45	1	0	-	*	*
Minute Maid Fruit Falls	Berry	Diet	8	6	0	18	1	0	3	Yes	No
Minute Maid Fruit Falls	Tropical	Diet	8	6	0	18	1	0	3	Yes	No
Snapple	Diet Cranberry Raspberry	Light	8	10	0	5	2	0	5	Yes	No
Ocean Spray	Diet Blueberry Juice Drink	Light	8	5	0	50	2	0	-	*	*
Ocean Spray	Diet Blueberry Pomegranate Juice Drink	Light	8	5	0	50	2	0	-	*	*

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Ocean Spray	Diet Cran-Cherry Cranberry Cherry Juice Drink	Light	8	5	0	50	2	0	-	*	*
Ocean Spray	Diet Cran-Grape Cranberry Grape Juice Drink	Light	8	5	0	50	2	0	-	*	*
Ocean Spray	Diet Cran-Pomegranate Cranberry Pomegranate Juice Drink	Light	8	5	0	50	2	0	-	*	*
Ocean Spray	Diet Cranberry Juice Drink	Light	8	5	0	50	2	0	-	*	*
Ocean Spray	Diet Cranberry Juice Drink with Lime	Light	8	5	0	50	2	0	-	*	*
Hawaiian Punch	Fruit Juicy Red Light	Light	8	10	0	105	2	0	5	Yes	Yes
Huberts	Diet Blackberry Lemonade	Light	8	10	0	0	2	0	10	Yes	No
Huberts	Diet Mango	Light	8	10	0	0	2	0	10	Yes	No
Huberts	Diet Original Lemonade	Light	8	10	0	0	2	0	10	Yes	No
Huberts	Diet Strawberry Lemonade	Light	8	10	0	0	2	0	10	Yes	No
Little Hug Fruit Barrels	Blue Raspberry	Light	8	10	0	80	2	0	0	*	*
Little Hug Fruit Barrels	Cherry Berry	Light	8	10	0	80	2	0	0	*	*
Little Hug Fruit Barrels	Fruit Punch	Light	8	10	0	80	2	0	0	*	*
Little Hug Fruit Barrels	Grape	Light	8	10	0	80	2	0	0	*	*
Little Hug Fruit Barrels	Kiwi Strawberry	Light	8	10	0	80	2	0	0	*	*
Little Hug Fruit Barrels	Lemon Berry	Light	8	10	0	80	2	0	0	*	*
Little Hug Fruit Barrels	Lemonade	Light	8	10	0	80	2	0	0	*	*
Little Hug Fruit Barrels	Orange	Light	8	10	0	80	2	0	0	*	*
Little Hug Fruit Barrels	Tropical Punch	Light	8	10	0	80	2	0	0	*	*
Little Hug Fruit Barrels	Wild Berry	Light	8	10	0	80	2	0	0	*	*

Minute Maid	Light Lemonade	Light	8	15	0	15	2	0	5	Yes	No
Mondo Fruit Squeezers	Chillin' Cherry	Light	7	20	0	20	4	0	0	Yes	Yes
Mondo Fruit Squeezers	Citrus Punch	Light	7	20	0	15	4	0	0	Yes	Yes
Mondo Fruit Squeezers	Global Grape	Light	7	20	0	15	4	0	0	Yes	Yes
Mondo Fruit Squeezers	Kiwi Strawberry Splash	Light	7	20	0	15	4	0	0	Yes	Yes
Mondo Fruit Squeezers	Legendary Berry	Light	7	20	0	15	4	0	0	Yes	Yes
Mondo Fruit Squeezers	Outstanding Orange	Light	7	20	0	20	4	0	0	Yes	Yes
Mondo Fruit Squeezers	Prime Punch	Light	7	20	0	15	4	0	0	Yes	Yes
Mondo Fruit Squeezers	Watermelon Wipeout	Light	7	20	0	15	4	0	0	Yes	Yes
Turkey Hill	Light Raspberry Lemonade	Light	8	25	0	10	6	0	-	Yes	Yes
Kool-Aid	Cherry	Light	8	30	0	0	7	0	-	Yes	Yes
Kool-Aid	Grape	Light	8	30	0	0	7	0	-	Yes	Yes
Kool-Aid	Orange	Light	8	30	0	-	7	0	-	Yes	Yes
Kool-Aid	Tropical Punch	Light	8	30	0	0	7	0	-	Yes	Yes
Langers	Diet Cranberry	Light	8	30	0	10	8	0	27	Yes	No
Langers	Diet Cranberry Berry	Light	8	30	0	10	8	0	27	Yes	No
Langers	Diet Cranberry Grape	Light	8	30	0	10	8	0	27	Yes	No
Langers	Diet Cranberry Raspberry	Light	8	30	0	10	8	0	27	Yes	No
Vita Coco Kids	Apple Island	Light	6	35	0	15	8	0	50	0	No
Vita Coco Kids	Blu-Berry Beach	Light	6	35	0	15	8	0	50	0	No
Vita Coco Kids	Gabi's Pink Lemonade	Light	6	35	0	15	8	0	50	0	No
Vita Coco Kids	Paradise Punch	Light	6	35	0	15	8	0	50	0	No
Vita Coco Kids	Very Cherry Beach	Light	6	35	0	15	8	0	50	0	No
Kool-Aid	Berry Blue	Light	7	35	0	25	9	0	-	Yes	Yes

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Kool-Aid	Cherry	Light	7	35	0	30	9	0	-	Yes	Yes
Kool-Aid	Grape	Light	7	35	0	30	9	0	-	Yes	Yes
Kool-Aid	Lime	Light	7	35	0	25	9	0	-	Yes	Yes
Kool-Aid	Tropical Punch	Light	7	35	0	25	9	0	-	Yes	Yes
Snapple	Straight Up Tea	Light	8	40	0	0	9	0	0	0	No
Langers	Diet Pomegranate	Light	8	40	0	10	9	0	25	Yes	No
Langers	Diet Ruby Red	Light	8	40	0	10	9	0	30	Yes	No
Martinelli's	Light Prickly Passion Lemonade	Regular	8	45	0	10	9	0	11	Yes	No
Minute Maid	Light Orange Juice Beverage (no pulp)	Light	8	40	0	10	10	0	42	Yes	No
Tum E Yummies	Fruitabulous Punch	Light	8	40	0	0	10	0	0	*	*
Tum E Yummies	Greentastic Apple	Light	8	40	0	0	10	0	0	*	*
Tum E Yummies	Orange-arific	Light	8	40	0	0	10	0	0	*	*
Tum E Yummies	Sour-Sational Berry	Light	8	40	0	0	10	0	0	*	*
Tum E Yummies	Verry Berry Blue	Light	8	40	0	0	10	0	0	*	*
Ocean Spray	Light Cranberry Juice Drink	Regular	8	50	0	40	11	0	-	*	*
Tampico	Blue Raspberry	Regular	8	50	0	0	12	0	-	Yes	Yes
Tampico	Kiwi Strawberry Punch	Regular	8	50	0	0	12	0	-	Yes	Yes
Tampico	Limonada	Regular	8	50	0	35	12	0	-	Yes	Yes
Tampico	Citrus Punch	Regular	8	60	0	25	12	0	-	Yes	Yes
Tampico	Island Punch	Regular	8	60	0	20	12	0	-	Yes	Yes

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Tampico	Mango Punch	Regular	8	60	0	25	12	0	-	Yes	Yes
Tampico	Peach Punch	Regular	8	60	0	25	12	0	-	Yes	Yes
Tampico	Strawberry Banana Punch	Regular	8	60	0	50	12	0	-	Yes	Yes
Tampico	Tropical Punch	Regular	8	60	0	25	12	0	-	Yes	Yes
Sunny D	Raspberry Lemonade	Regular	8	50	0	135	13	0	5	Yes	Yes
Ocean Spray	Light Cran & Pomegranate flavored Juice Drink	Regular	8	50	0	35	13	0	-	*	*
Ocean Spray	Light Cranberry & Concord Grape flavored Juice Drink	Regular	8	50	0	35	13	0	-	*	*
Ocean Spray	Light Cranberry & Raspberry flavored Juice Drink	Regular	8	50	0	35	13	0	-	*	*
Ocean Spray	Light Ruby Red Grapefruit Juice Drink	Regular	8	50	0	65	13	0	-	*	*
Bolthouse Farms	Mango Coconut Splash	Regular	8	60	0	6	13	0	-	Yes	No
Hawaiian Punch	Mixed Berry Citrus	Regular	8	60	0	150	13	0	5	Yes	Yes
Hawaiian Punch	Orange Citrus	Regular	8	60	0	150	13	0	5	Yes	Yes
Hawaiian Punch	Strawberry Citrus	Regular	8	60	0	150	13	0	5	Yes	Yes
Langers	Diet Apple Juice Cocktail	Regular	8	60	0	10	13	0	50	Yes	No
Sunny D	Cherry Limeade	Regular	8	60	0	160	14	0	5	Yes	Yes
Sunny D	Smooth	Regular	8	50	0	170	14	0	5	Yes	Yes
Sunny D	Tangy Original	Regular	8	50	0	160	14	0	5	Yes	Yes
Hawaiian Punch	Fruit Juicy Red	Regular	8	60	0	105	14	0	5	Yes	Yes
Hawaiian Punch	Green Berry Rush	Regular	8	60	0	105	14	0	5	Yes	Yes
Hawaiian Punch	Orange Ocean	Regular	8	60	0	105	14	0	5	Yes	Yes

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Huberts	Blackberry Lemonade	Light	8	60	0	0	14	0	10	Yes	No
Huberts	Peach Lemonade	Regular	8	60	0	0	14	0	10	Yes	No
Huberts	Raspberry Lemonade	Regular	8	60	0	0	14	0	10	Yes	No
Huberts	Strawberry Lemonade	Regular	8	60	0	0	14	0	10	Yes	No
Huberts	Watermelon Habanero Lemonade	Regular	8	60	0	0	14	0	10	Yes	No
Huberts	Watermelon Lemonade	Regular	8	60	0	0	14	0	10	Yes	No
Sunny D	Grape	Regular	8	60	0	160	14	0	0	Yes	Yes
Sunny D	Lemonade	Regular	8	60	0	135	14	0	5	Yes	Yes
Sunny D	Orange Carrot	Regular	8	60	0	135	14	0	5	Yes	Yes
Sunny D	Orange Peach	Regular	8	60	0	135	14	0	5	Yes	Yes
Sunny D	Orange Pineapple	Regular	8	60	0	135	14	0	5	Yes	Yes
Sunny D	Orange Strawberry	Regular	8	60	0	135	14	0	5	Yes	Yes
Sunny D	Watermelon	Regular	8	60	0	135	14	0	5	Yes	Yes
Fruit Rush	Blue Raspberry	Regular	8	60	0	10	14	0	-	Yes	Yes
Fruit Rush	Fruit Punch	Regular	8	60	0	10	14	0	-	Yes	Yes
Fruit Rush	Orange	Regular	8	60	0	10	14	0	-	Yes	Yes
Fruit Rush	Pink Lemonade	Regular	8	60	0	10	14	0	-	Yes	Yes
Huberts	Mango Lemonade	Regular	8	70	0	0	14	0	10	Yes	Yes
Hawaiian Punch	Lemon Berry Squeeze	Regular	8	60	0	105	15	0	5	Yes	Yes
Hawaiian Punch	Polar Blast	Regular	8	60	0	105	15	0	5	Yes	Yes

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Sunny D	Fruit Punch	Regular	8	60	0	130	15	0	5	Yes	Yes
Sunny D	Orange Mango	Regular	8	60	0	135	15	0	5	Yes	Yes
Tampico	Pinapple Coconut Punch	Regular	8	70	0	50	15	0	-	Yes	Yes
Huberts	Original Lemonade	Regular	8	70	0	0	15	0	10	Yes	No
Capri Sun	Coastal Cooler	Regular	6	60	0	15	16	0	-	0	No
Capri Sun	Fruit Punch	Regular	6	60	0	15	16	0	-	0	No
Capri Sun	Grape	Regular	6	60	0	15	16	0	-	0	No
Capri Sun	Lemonade	Regular	6	60	0	15	16	0	-	0	No
Capri Sun	Mountain Cooler	Regular	6	60	0	15	16	0	-	0	No
Capri Sun	Orange	Regular	6	60	0	15	16	0	-	0	No
Capri Sun	Pacific Cooler	Regular	6	60	0	15	16	0	-	0	No
Capri Sun	Red Berry	Regular	6	60	0	15	16	0	-	0	No
Capri Sun	Splash Cooler	Regular	6	60	0	15	16	0	-	0	No
Capri Sun	Strawberry	Regular	6	60	0	15	16	0	-	0	No
Capri Sun	Strawberry Kiwi	Regular	6	60	0	15	16	0	-	0	No
Capri Sun	Surf Cooler	Regular	6	60	0	15	16	0	-	0	No
Capri Sun	Tropical Punch	Regular	6	60	0	15	16	0	-	0	No
Capri Sun	Wild Cherry	Regular	6	60	0	15	16	0	-	0	No
Kool-Aid	Cherry- sugar sweetened	Regular	8	60	0	0	16	0	-	0	Yes
Kool-Aid	Grape- sugar sweetened	Regular	8	60	0	0	16	0	-	0	Yes

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Kool-Aid	Invisible Changin' Cherry- sugar sweetened	Regular	8	60	0	0	16	0	-	0	No
Kool-Aid	Invisible Grape Illusion- sugar sweetened	Regular	8	60	0	0	16	0	-	0	No
Kool-Aid	Orange- sugar sweetened	Regular	8	60	0	5	16	0	-	0	Yes
Kool-Aid	Peach Mango	Regular	8	60	0	25	16	0	-	0	Yes
Kool-Aid	Strawberry Kiwi	Regular	8	60	0	15	16	0	-	0	Yes
Kool-Aid	Strawberry- sugar sweetened	Regular	8	60	0	0	16	0	-	0	Yes
Kool-Aid	Tropical Punch- sugar sweetened	Regular	8	60	0	0	16	0	-	0	Yes
Huberts	Organic Lemonade	Regular	8	60	0	0	16	0	10	Yes	No
Huberts	Organic Pink Lemonade	Regular	8	60	0	0	16	0	10	Yes	No
Arizona	Pink Lemonade	Regular	8	70	0	10	16	0	10	*	No
V8 Splash	Berry Blend	Regular	8	70	0	15	16	0	-	*	*
V8 Splash	Cherry Pomegranate	Regular	8	70	0	15	16	0	-	*	*
V8 Splash	Strawberry Kiwi	Regular	8	70	0	30	16	0	-	*	*
V8 Splash	Tropical Blend	Regular	8	70	0	15	16	0	-	*	*
Hawaiian Punch	Berry Blue Typhoon	Regular	8	70	0	105	17	0	5	Yes	Yes
Hawaiian Punch	Berry Bonkers	Regular	8	70	0	105	17	0	5	Yes	Yes
Hawaiian Punch	Berry Limeade Blast	Regular	8	70	0	105	17	0	5	Yes	Yes
Hawaiian Punch	Lemon Lime Splash	Regular	8	70	0	105	17	0	5	Yes	Yes
Hawaiian Punch	Lemonade	Regular	8	70	0	100	17	0	5	Yes	Yes
Kool-Aid	Ice Blue Raspberry Lemonade	Regular	8	70	0	5	17	0	-	0	Yes

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Kool-Aid	Lemonade	Regular	8	70	0	0	17	0	-	0	Yes
V8 Splash	Fruit Medley	Regular	8	80	0	25	17	0	-	*	*
Huberts	Cherry Limeade	Regular	8	80	0	0	17	0	10	Yes	No
Arizona	Mint	Regular	8	70	0	10	18	0	10	*	No
Arizona	Sweet Apple	Regular	8	70	0	10	18	0	15	*	*
Lipton	Pink Lemonade	Regular	8	70	0	65	18	0	1	Yes	Yes
V8 Splash	Carrot Orange	Regular	8	80	0	15	18	0	-	*	*
V8 Splash	Grape Blend	Regular	8	80	0	10	18	0	-	*	*
V8 Splash	Mango Peach	Regular	8	80	0	35	18	0	-	*	*
V8 Splash	Orange Pineapple	Regular	8	80	0	15	18	0	-	*	*
Arizona	Strawberry	Regular	8	70	0	10	19	0	10	*	*
Kool-Aid	Blue Raspberry	Regular	7	70	0	15	19	0	-	0	Yes
Kool-Aid	Kiwi-Strawberry	Regular	7	70	0	15	19	0	-	0	Yes
Kool-Aid	Orange	Regular	7	70	0	15	19	0	-	0	Yes
Kool-Aid	Tropical Punch	Regular	7	70	0	15	19	0	-	0	Yes
V8 Splash	Apple Medley	Regular	8	80	0	10	19	0	-	*	*
Ssips	Cherry Berry Drink	Regular	6	80	0	5	19	0	5	0	No
Ssips	Fruit Punch	Regular	6	80	0	5	19	0	5	0	No
Kool-Aid	Cherry	Regular	7	80	0	15	20	0	-	0	Yes
Kool-Aid	Grape	Regular	7	80	0	15	20	0	-	0	Yes

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Arizona	Pina Colada	Regular	8	90	1	10	20	0	0	Yes	*
Arizona	Strawberry Colada	Regular	8	90	1	15	20	0	1	*	*
Snapple	Peach Mangosteen	Regular	8	90	0	10	20	0	1	0	No
Minute Maid	Lemonade	Regular	6	80	0	15	21	0	11	0	No
Ocean Spray	Wave Apple with White Cranberries	Regular	8	80	0	10	21	0	-	*	*
SoBe	Green Tea	Regular	8	80	0	20	21	0	0	Yes	Yes
Santa Cruz Organic	Mango Lemonade	Regular	8	90	0	10	21	0	11	*	*
Hi-C	Flashin' Fruit Punch	Regular	6	80	0	15	22	0	10	*	*
Hi-C	Orange Lavaburst	Regular	6	80	0	15	22	0	10	*	*
SoBe	Orange Carrot	Regular	8	88	0	12	22	0	9	0	No
Santa Cruz Organic	Peach Lemonade	Regular	8	90	0	5	22	0	12	*	*
Santa Cruz Organic	Strawberry Lemonade	Regular	8	90	0	5	22	0	15	*	*
Ssips	Orange Tangerine Drink	Regular	6	90	0	5	22	0	5	0	No
Jumex	Mango	Regular	7	90	0	30	22	0	21	Yes	No
Santa Cruz Organic	Lemonade	Regular	8	100	0	5	22	0	11	*	*
Hi-C	Poppin' Lemonade	Regular	6	90	0	15	23	0	10	*	*
Santa Cruz Organic	Raspberry Lemonade	Regular	8	90	0	5	23	0	13	*	*
Snapple	Grapeade	Regular	8	100	0	5	23	0	10	0	No
Snapple	Kiwi Strawberry	Regular	8	100	0	10	23	0	5	0	No
Snapple	Lemonade	Regular	8	100	0	45	23	0	0	0	No

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Snapple	Mango Madness	Regular	8	100	0	10	23	0	5	0	No
Snapple	Orangeade	Regular	8	100	0	5	23	0	10	0	No
Jumex	Strawberry Banana	Regular	7	100	0	35	23	0	15	Yes	No
Welch's	Cherry Burst	Regular	8	100	0	20	23	0	-	*	*
Bright & Early	Grape	Regular	8	90	0	20	24	0	0	Yes	Yes
Minute Maid Coolers	Pink Lemonade	Regular	7	90	0	15	24	0	11	0	No
Minute Maid	Grape Punch	Regular	8	90	0	15	24	0	10	Yes	No
Snapple	Mango Punch	Regular	8	95	0	60	24	0	0	0	Yes
Snapple	Watermelon Punch	Regular	8	95	0	60	24	0	0	0	Yes
Arizona	Watermelon	Regular	8	100	0	10	24	0	10	*	*
V8 Fusion	Peach Strawberry	Regular	8	100	0	25	24	0	25	*	*
V8 Fusion	Tangerine Passionfruit	Regular	8	100	0	25	24	0	25	*	*
Minute Maid Coolers	Orange Strawberry	Regular	7	100	0	15	24	0	10	0	No
Minute Maid Coolers	Tropical Punch	Regular	7	100	0	15	24	0	10	0	No
Snapple	Fruit Punch	Regular	8	100	0	5	24	0	10	0	No
Snapple	Snapple Apple	Regular	8	100	0	5	24	0	10	0	No
SoBe	Orange Cream	Regular	8	100	0	25	24	0	0	0	Yes
Welch's	Concord Grape	Regular	8	100	0	20	24	0	-	*	*
Welch's	Orange Pineapple Apple	Regular	8	100	0	20	24	0	-	*	*
Welch's	Peach Medley	Regular	8	100	0	20	24	0	-	*	*

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Snapple	Raspberry Peach	Regular	8	110	0	5	24	0	10	0	No
Martinelli's	Prickly Passion Lemonade	Regular	8	120	0	0	24	0	11	0	No
Minute Maid	Berry Punch	Regular	8	90	0	15	25	0	5	Yes	No
Minute Maid	Citrus Punch	Regular	8	90	0	15	25	0	5	Yes	No
Minute Maid	Fruit Punch	Regular	8	90	0	15	25	0	5	Yes	No
Minute Maid	Tropical Punch	Regular	8	90	0	15	25	0	7	Yes	No
Arizona	Fruit Punch	Regular	8	100	0	25	25	0	-	*	*
V8 Fusion	Black Cherry Berry	Regular	8	100	0	35	25	0	25	*	*
V8 Fusion	Cranberry Grape	Regular	8	100	0	20	25	0	25	*	*
Fuze	Strawberry Lemonade	Regular	8	100	0	30	25	0	3	*	No
Minute Maid Coolers	Berry Punch	Regular	7	100	0	15	25	0	10	0	No
Minute Maid Coolers	Fruit Punch	Regular	7	100	0	15	25	0	10	0	No
Santa Cruz Organic	Cherry Lemonade	Regular	8	100	0	5	25	0	14	*	*
SoBe	Citrus Energy	Regular	8	100	0	25	25	0	3	Yes	Yes
SoBe	Power Fruit Punch	Regular	8	100	0	25	25	0	1	0	Yes
SoBe	Pina Colada	Regular	8	100	0	55	25	0	0	Yes	No
SoBe	Strawberry Banana	Regular	8	100	0	30	25	0	0	Yes	No
SoBe	Strawberry Daiquiri	Regular	8	100	0	30	25	0	0	Yes	No
SoBe	Cranberry Grapefruit	Regular	8	100	0	22	25	0	0	0	No
Turkey Hill	Mango Lemonade	Regular	8	100	0	0	25	0	-	0	No

Nutritional Content of Fruit Drinks

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
Snapple	Pink Lemonade	Regular	8	110	0	45	25	0	2	0	No
Ssips	Fruit Punch	Regular	8	110	0	10	25	0	15	0	Yes
Jumex	Apple	Regular	8	110	0	45	25	0	32	Yes	No
Welch's	Strawberry Kiwi	Regular	8	110	0	20	25	0	-	*	*
Robinsons Fruit Shoot	Orange	Regular	8	119	0	16	25	0	10	0	No
Arizona	Mucho Mango	Regular	8	120	0	10	25	0	5	*	*
Jumex	Guava	Regular	8	120	0	40	25	0	19	Yes	No
Ocean Spray	Strawberry Kiwi Juice Blend	Regular	8	120	0	40	25	0	25	0	No
Martinelli's	Classic Lemonade	Regular	8	120	0	5	25	0	11	0	No
Arizona	Grapeade	Regular	8	100	0	10	26	0	10	*	*
Snapple	Cranberry Raspberry	Regular	8	100	0	5	26	0	5	0	No
SoBe	Mango Melon	Regular	8	100	0	25	26	0	3	0	No
Martinelli's	Mango Lemonade	Regular	8	100	0	20	26	0	11	0	No
Arizona	Lemonade	Regular	8	110	0	10	26	0	10	*	*
Bug Juice	Fruity Punch	Regular	8	110	0	20	26	0	-	0	Yes
Bug Juice	Outrageous Orange	Regular	8	110	0	20	26	0	-	0	Yes
Snapple	Iced Tea 'n Lemonade	Regular	8	110	0	5	26	0	2	0	No
Ssips	Strawberry Kiwi	Regular	8	110	0	10	26	0	15	0	Yes
Newman's Own	Virgin Pomegranate Lemonade	Regular	8	110	0	15	26	0	0	0	No
Arizona	Orangeade	Regular	8	120	0	20	26	0	-	*	*

Nutritional Content of Fruit Drinks

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
Langers	Kiwi Raspberry Juice Cocktail	Regular	8	120	0	0	26	0	15	*	No
Langers	Kiwi Strawberry Juice Cocktail	Regular	8	120	0	0	26	0	15	*	No
Langers	Raspberry Lemonade	Regular	8	120	0	0	26	0	15	*	No
Tropicana	Peach Orchard Punch	Regular	8	120	0	10	26	0	5	0	No
Tropicana	Tropical Punch	Regular	8	120	0	10	26	0	5	0	No
Turkey Hill	Lemonade	Regular	8	120	0	10	26	0	-	0	No
Turkey Hill	Strawberry Kiwi Lemonade	Regular	8	120	0	10	26	0	-	0	No
Tropicana	Orange Berry Banana Blast	Regular	8	130	0	25	26	0	10	0	Yes
Tropicana	Raspberry Lemonade	Regular	8	113	0	17	27	1	12	0	No
Minute Maid Coolers	Clear Cherry	Regular	7	100	0	15	27	0	10	0	No
Tropicana	Pink Lemonade	Regular	8	100	0	105	27	0	0	0	Yes
Lipton	Orangeade	Regular	8	100	0	65	27	0	1	0	Yes
Snapple	Cherry Punch	Regular	8	105	0	60	27	0	0	0	Yes
Snapple	Grape Punch	Regular	8	105	0	60	27	0	0	0	Yes
Snapple	Pomegranate Raspberry	Regular	8	110	0	5	27	0	1	0	No
Newman's Own	Old Fashioned Roadside Virgin Lemonade	Regular	8	110	0	40	27	0	-	0	No
Newman's Own	Organic Virgin Lemonade	Regular	8	110	0	40	27	0	-	0	No
Newman's Own	Pink Virgin Lemonade	Regular	8	110	0	40	27	0	-	0	No
Ocean Spray	Cran-Strawberry Cranberry Strawberry Juice Drink	Regular	8	110	0	80	27	0	-	*	*
Ocean Spray	White Cranberry & Peach Juice Drink	Regular	8	110	0	50	27	0	-	*	*

Nutritional Content of Fruit Drinks

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
Ocean Spray	White Cranberry & Strawberry Juice Drink	Regular	8	110	0	50	27	0	-	*	*
Ocean Spray	White Cranberry Juice Drink	Regular	8	110	0	50	27	0	-	*	*
Welch's	Mango Twist	Regular	8	110	0	20	27	0	-	*	*
Happy Drinks	Blue Raspberry	Regular	8	120	0	20	27	0	0	0	*
Happy Drinks	Bubble Gum	Regular	8	120	0	20	27	0	0	0	*
Happy Drinks	Cherry	Regular	8	120	0	20	27	0	0	0	*
Happy Drinks	Fruit Punch	Regular	8	120	0	20	27	0	0	0	*
Happy Drinks	Grape	Regular	8	120	0	20	27	0	0	0	*
Happy Drinks	Lemon	Regular	8	120	0	20	27	0	0	0	Yes
Happy Drinks	Lemon Lime	Regular	8	120	0	20	27	0	0	0	*
Happy Drinks	Orange	Regular	8	120	0	20	27	0	0	0	*
Happy Drinks	Peach	Regular	8	120	0	20	27	0	0	0	*
Happy Drinks	Pina Colada	Regular	8	120	0	20	27	0	0	0	*
Happy Drinks	Strawberry	Regular	8	120	0	20	27	0	0	0	*
Langers	Mango Mango	Regular	8	120	0	0	27	0	15	*	No
Langers	Strawberry Banana	Regular	8	120	0	10	27	0	20	*	No
Langers	Strawberry Orange	Regular	8	120	0	10	27	0	20	*	No
Langers	Strawberry Peach	Regular	8	120	0	10	27	0	20	*	No
Langers	Strawberry Watermelon	Regular	8	120	0	10	27	0	20	*	No
Ocean Spray	Cran-Pomegranate Cranberry Pomegranate Juice Drink	Regular	8	120	0	40	27	0	17	0	No

Nutritional Content of Fruit Drinks

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
Ocean Spray	Cranberry Juice Cocktail	Regular	8	120	0	35	27	0	27	0	No
Jumex	Strawberry	Regular	8	100	0	40	28	0	10	Yes	No
Bright & Early	Orange	Regular	8	110	0	20	28	0	0	0	Yes
Minute Maid	Lemonade	Regular	8	110	0	15	28	0	12	0	No
Minute Maid	Pink Lemonade	Regular	8	110	0	15	28	0	13	0	No
Simply	Simply Lemonade with Blueberry	Regular	8	110	0	15	28	0	11	*	*
Simply	Simply Lemonade with Mango	Regular	8	110	0	15	28	0	0	*	*
Simply	Simply Lemonade with Raspberry	Regular	8	110	0	15	28	0	11	0	No
Ocean Spray	Cherry Juice Cocktail	Regular	8	110	0	35	28	0	-	*	*
Ocean Spray	Cran-Cherry Cranberry Cherry Juice Drink	Regular	8	110	0	35	28	0	-	*	*
Ocean Spray	Cran-Lemonade Cranberry Lemonade Juice Drink	Regular	8	110	0	125	28	0	-	*	*
Ocean Spray	Cran-Raspberry Cranberry Raspberry Juice Drink	Regular	8	110	0	70	28	0	-	*	*
Ocean Spray	Cranberry Juice Cocktail with Lime	Regular	8	110	0	35	28	0	-	*	*
Ocean Spray	Ruby Red Grapefruit Juice Cocktail	Regular	8	110	0	65	28	0	-	*	*
Arizona	Kiwi Strawberry	Regular	8	120	0	10	28	0	5	*	*
Calypso	Black Cherry	Regular	8	120	0	2	28	0	-	0	Yes
Calypso	GrapeBerry	Regular	8	120	0	2	28	0	6	0	Yes
Calypso	Kiwi	Regular	8	120	0	2	28	0	-	0	*
Calypso	Mandarin	Regular	8	120	0	2	28	0	-	0	Yes
Calypso	Natural	Regular	8	120	0	2	28	0	7	0	No

Nutritional Content of Fruit Drinks

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
Calypso	Ocean Blue	Regular	8	120	0	2	28	0	6	0	*
Calypso	Pineapple Passion	Regular	8	120	0	2	28	0	-	0	*
Calypso	Raspberry Pink	Regular	8	120	0	2	28	0	-	0	Yes
Calypso	Southerin Peach	Regular	8	120	0	2	28	0	-	0	*
Calypso	Strawberry	Regular	8	120	0	2	28	0	7	0	Yes
Calypso	Triple Melon	Regular	8	120	0	2	28	0	6	0	No
Calypso	Tropical Mango	Regular	8	120	0	2	28	0	-	0	*
Simply	Simply Lemonade	Regular	8	120	0	15	28	0	11	0	No
Simply	Simply Limeade	Regular	8	120	0	15	28	0	12	0	No
Snapple	Go Bananas	Regular	8	120	0	10	28	0	10	0	No
Langers	White Cranberry	Regular	8	120	0	10	28	0	27	*	No
Langers	White Cranberry Lemonade	Regular	8	120	0	15	28	0	27	*	No
Langers	White Cranberry Raspberry	Regular	8	120	0	10	28	0	27	*	No
Ocean Spray	Blueberry Juice Cocktail	Regular	8	120	0	35	28	0	15	0	No
Tropicana	Apple Harvest Punch	Regular	8	120	0	10	28	0	5	0	Yes
Tropicana	Lemonade	Regular	8	120	0	10	28	0	10	0	No
Tropicana	Berry Punch	Regular	8	120	0	10	28	0	5	0	No
Tropicana	Grape Punch	Regular	8	120	0	10	28	0	5	0	No
Tropicana	Orangeade	Regular	8	120	0	10	28	0	5	0	No
Turkey Hill	Pomegranate Lemonade	Regular	8	120	0	10	28	0	-	0	Yes

Nutritional Content of Fruit Drinks

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
Robinsons Fruit Shoot	Strawberry Raspberry	Regular	8	119	0	8	29	0	10	0	No
Hawaiian Punch	Mazin Melon Mix	Regular	8	110	0	120	29	0	5	0	Yes
Hawaiian Punch	Wild Purple Smash	Regular	8	110	0	120	29	0	5	0	Yes
Bug Juice	Berry Raspberry	Regular	8	120	0	20	29	0	-	0	Yes
Jumex	Peach	Regular	8	120	0	40	29	0	21	Yes	No
Ocean Spray	Cran-Grape Grape Cranberry Juice Drink	Regular	8	120	0	80	29	0	15	0	No
Tropicana	Grape Strawberry Splash	Regular	8	120	0	25	29	0	10	0	Yes
Martinelli's	Watermelon Lemonade	Regular	8	120	0	15	29	0	17	0	No
Tropicana	Fruit Punch	Regular	8	130	0	10	29	0	5	0	No
Tropicana	Ruby Red Grapefruit	Regular	8	130	0	15	29	1	30	0	No
Kern's	Peach	Regular	8	139	0	7	29	0	-	0	No
Bright & Early	Apple	Regular	8	110	0	20	30	0	0	0	Yes
Minute Maid	Orangeade	Regular	8	110	0	15	30	0	10	0	No
Minute Maid	Raspberry Lemonade	Regular	8	120	0	15	30	0	13	0	No
Langers	Fruit Punch	Regular	8	120	0	15	30	0	15	*	*
Poland Springs	Acai-Grape	Regular	8	120	0	15	30	0	-	0	No
Poland Springs	Kiwi-Orange	Regular	8	120	0	15	30	0	-	0	No
Poland Springs	Lemon-Mint	Regular	8	120	0	15	30	0	-	0	No
Poland Springs	Mango-Peach	Regular	8	120	0	15	30	0	-	0	No
Poland Springs	Pomegranate	Regular	8	120	0	15	30	0	-	0	No

Nutritional Content of Fruit Drinks

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
Ocean Spray	Blueberry Pomegranate Juice Drink	Regular	8	120	0	35	30	0	-	*	*
Ocean Spray	Cran-Tangerine Cranberry Tangerine	Regular	8	120	0	35	30	0	-	*	*
Minute Maid	Cranberry Apple Raspberry	Regular	8	121	0	18	30	0	25	0	No
Langers	Mango Orange	Regular	8	130	0	0	30	0	15	*	No
Langers	Pineapple Orange Guava	Regular	8	130	0	0	30	0	15	*	No
Langers	Ruby Red	Regular	8	130	0	10	30	0	50	*	
Ocean Spray	Cranberry Juice Cocktail	Regular	8	130	0	10	30	0	27	0	No
Welch's Chillers	Fruit Punch	Regular	8	130	0	20	30	0	10	*	*
Welch's Chillers	Mango Passion	Regular	8	130	0	45	30	0	10	*	*
Welch's Chillers	Watermelon	Regular	8	130	0	45	30	0	10	*	*
Langers	Pomegranate	Regular	8	140	0	15	30	0	27	*	No
Langers	Pomegranate Blueberry	Regular	8	140	0	15	30	0	27	*	No
Langers	Pomegranate Cranberry	Regular	8	140	0	15	30	0	27	*	No
Tropicana	Cranberry Cocktail	Regular	8	140	0	25	30	0	20	0	No
Welch's	Fruit Punch	Regular	8	128	0	16	30	0	10	*	*
Welch's	Orange Pineapple	Regular	8	128	0	48	30	0	10	*	*
Welch's	Watermelon	Regular	8	128	0	44	30	0	10	*	*
Minute Maid	Limeade	Regular	8	120	0	15	31	0	10	0	No
Ocean Spray	Cranberry Juice Cocktail with Calcium	Regular	8	130	0	35	31	0	-	*	*
Welch's	Grape	Regular	8	130	0	20	31	0	-	*	*

Nutritional Content of Fruit Drinks

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
Kern's	Apricot	Regular	8	139	0	7	31	0	-	0	No
Kern's	Mango	Regular	8	146	0	17	31	0	-	0	No
Minute Maid	Ruby Red Grapefruit	Regular	8	126	0	18	32	0	30	0	No
Bolthouse Farms	Mango Lemonade	Regular	8	130	0	5	32	0	-	0	No
Ocean Spray	Cran-Apple Cranberry Apple Juice Drink	Regular	8	130	0	80	32	0	-	*	*
Tropicana	Pineapple Orange	Regular	8	130	0	25	32	0	30	0	No
Welch's	Cherry Pomegranate	Regular	8	130	0	20	32	0	-	*	*
Welch's	Strawberry Breeze	Regular	8	130	0	5	32	0	20	*	*
Langers	Bottled Cranberry Cocktail/Juice Drink	Regular	8	140	0	10	32	0	27	Yes	No
Langers	Cranberry Raspberry	Regular	8	150	0	10	32	0	27	*	No
Minute Maid	Cherry Limeade	Regular	8	120	0	15	33	0	10	0	No
Capri Sun	Berry Melon	Regular	11	130	0	25	33	0	-	0	No
Capri Sun	Fruit Punch	Regular	11	130	0	25	33	0	-	0	No
Capri Sun	Maui Cooler	Regular	11	130	0	25	33	0	-	0	No
Capri Sun	Strawberry Kiwi	Regular	11	130	0	25	33	0	-	0	No
Nectars	Peach	Regular	8	140	0	5	33	1	34	0	No
Langers	Cranberry with Lime	Regular	8	140	0	10	33	0	27	*	No
Welch's	Berry Pineapple Passion Fruit	Regular	8	140	0	20	33	0	20	*	*
Welch's	Guava Pineapple	Regular	8	140	0	20	33	0	20	*	*
Welch's	Mountain Berry	Regular	8	140	0	5	33	0	20	*	*

Nutritional Content of Fruit Drinks

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
Welch's	Strawberry Peach	Regular	8	140	0	20	33	0	20	*	*
Welch's Chillers	Grape	Regular	8	140	0	35	33	0	10	*	*
Simply	Simply Cranberry	Regular	8	130	0	20	34	0	27	0	No
Simply	Simply Cranberry Cocktail	Regular	8	130	0	20	34	0	27	*	*
Langers	Blueberry Cranberry	Regular	8	135	0	10	34	0	27	0	No
Welch's	Dragon Fruit Mango	Regular	8	140	0	20	34	0	20	*	*
Welch's	Passion Fruit Cherry	Regular	8	140	0	20	34	0	20	*	*
Welch's	Star Fruit Kiwi	Regular	8	140	0	20	34	0	20	*	*
Nectars	Mango	Regular	8	150	0	5	34	0	23	0	No
Nectars	Pear	Regular	8	140	0	5	35	0	16	0	No
Langers	Mango Nectar	Regular	8	140	0	15	35	0	20	*	No
Welch's	White Grape Peach	Regular	8	150	0	5	35	0	20	*	*
Welch's	Passion Fruit	Regular	8	140	0	20	36	0	25	*	*
Welch's	Grape Cranberry	Regular	8	150	0	20	36	0	-	*	*
Welch's	Concord Grape	Regular	8	150	0	20	36	0	25	*	*
Nectars	Guava	Regular	8	150	0	10	37	0	41	0	Yes
Ssips	Strawberry Banana	Regular	8	150	0	10	37	0	15	0	Yes
Langers	Cranberry Grape	Regular	8	165	0	10	37	0	27	*	No

Nutritional Content of Fruit Drinks

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
Minute Maid	Cranberry Grape	Regular	8	142	0	18	37	0	25	0	No
Tropicana	Grape	Regular	8	150	0	25	38	0	30	0	No
Ssips	Guava	Regular	8	160	0	20	38	0	15	0	Yes
Jumex	Strawberry Banana	Regular	8	170	0	60	39	0	15	Yes	No
Nectars	Passion Fruit	Regular	8	180	0	0	46	0	23	0	No
Minute Maid	Cranberry Apple Cocktail	Regular	8	217	0	25	57	0	15	0	No

* Information Unavailable