

## Nutritional Content of Regular Soda

### Ranking by sugar content then by calories

Brand	Variety	Type	Serving size (oz)	Calories (kcal)	Fat (g)	Sodium (mg)	Sugar (g)	Protein (g)	Caffeine present	Caffeine (mg)	Zero-calorie sweeteners	Artificial Colors
Jones	Cherry	Light	8	30	0	35	8	0	No	*	*	*
Jones	Chipotle Pineapple	Light	8	30	0	35	8	0	No	*	*	*
Jones	Green Apple	Light	8	30	0	35	8	0	No	*	*	*
Jones	Huckleberry	Light	8	30	0	35	8	0	No	*	*	*
Jones	Lemon Lime	Light	8	30	0	35	8	0	No	*	*	*
Jones	Orange Mango	Light	8	30	0	35	8	0	Yes	*	*	*
Mtn Dew	Fruit Punch	Light	8	40	0	85	10	0	Yes	46	Yes	Yes
Mtn Dew	Orange Citrus	Light	8	40	0	90	10	0	Yes	46	Yes	Yes
Pepsi	Pepsi NEXT	Light	8	40	0	40	10	0	Yes	25	Yes	Yes
Polar	Black Cherry	Regular	8	130	0	0	11	0	No	0	*	Yes
Reed's	Light 55 Calories Extra Ginger Brew	Regular	8	55	0	5	14	0	No	0	Yes	No
Seagram's	Ginger Ale	Regular	8	67	0	27	17	0	*	*	Yes	Yes
Shasta	Lemon Lime	Regular	8	80	0	27	19	0	No	*	Yes	*
Schweppes	Ginger Ale	Regular	8	80	0	40	22	0	No	0	No	Yes
Shasta	Cola	Regular	8	87	0	27	22	0	Yes	*	Yes	Yes
Shasta	Orange	Regular	8	87	0	27	22	0	No	*	Yes	Yes
Faygo	Dr. Faygo	Regular	8	90	0	25	22	0	No	0	Yes	Yes
Jarritos	Tamarind	Regular	8	90	0	45	22	0	No	0	No	Yes
Faygo	Root Beer	Regular	8	90	0	25	23	0	No	0	Yes	Yes
Polar	Golden Ginger Ale	Regular	8	90	0	0	23	0	No	0	*	Yes
Canada Dry	Cranberry Ginger Ale	Regular	8	90	0	35	24	0	No	0	No	Yes
Canada Dry	Ginger Ale	Regular	8	90	0	35	24	0	No	0	No	Yes
Canada Dry	Green Tea Ginger Ale	Regular	8	90	0	45	24	0	Yes	6	No	No

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Shasta	Strawberry	Regular	8	93	0	27	24	0	Yes	*	Yes	Yes
Faygo	Crème Soda	Regular	8	100	0	25	24	0	No	0	Yes	No
Faygo	Moon Mist	Regular	8	100	0	25	24	0	Yes	*	Yes	Yes
Malta	Malta	Regular	7	110	0	45	24	0	No	0	No	Yes
7UP	Cherry 7-Up Antioxidant	Regular	8	100	0	25	25	0	No	0	No	Yes
7UP	Mixed Berry 7-Up Antioxidant	Regular	8	100	0	25	25	0	No	0	No	Yes
Big Red	Big Red	Regular	8	100	0	20	25	0	*	*	No	Yes
Dr Pepper	Cherry Vanilla Dr Pepper	Regular	8	100	0	40	25	0	Yes	26	No	Yes
Squirt	Squirt	Regular	8	100	0	35	25	0	No	0	No	No
Faygo	Redpop	Regular	8	100	0	25	25	0	No	0	Yes	Yes
Sierra Mist	Sierra Mist	Regular	8	100	0	20	25	0	No	0	No	No
7UP	7-Up	Regular	8	102	0	30	25	0	No	0	No	No
Sprite	Sprite	Regular	8	100	0	45	25	0	No	0	No	No
Coca-Cola		Regular	8	93	0	30	26	0	Yes	34	No	Yes
Pibb Xtra		Regular	8	93	0	27	26	0	Yes	*	No	Yes
Cactus Cooler	Cactus Cooler	Regular	8	100	0	43	26	0	No	0	No	Yes
Vernors	Vernors Ginger Soda	Regular	8	100	0	35	26	0	No	0	No	Yes
Faygo	Black Cherry	Regular	8	100	0	25	26	0	No	0	Yes	Yes
Faygo	Raspberry Blueberry	Regular	8	100	0	25	26	0	No	0	Yes	Yes
Pepsi	Pepsi Made in Mexico	Regular	8	100	0	25	26	0	Yes	25	No	Yes
Sierra Mist	Sierra Mist Cranberry Splash	Regular	8	100	0	25	26	0	No	0	No	Yes
Shasta	Tiki Punch	Regular	8	100	0	27	26	0	No	*	Yes	Yes
Canada Dry	Bitter Lemon Soda	Regular	8	110	0	30	26	0	No	0	No	No

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Manzanita Sol	Toronja Sol - Grapefruit	Regular	8	100	0	43	27	0	No	0	No	No
Coca-Cola	Caffeine-Free Coca-Cola	Regular	8	97	0	45	27	0	No	0	No	Yes
Dr Pepper	Caffeine-Free Dr Pepper	Regular	8	100	0	35	27	0	No	0	No	Yes
Dr Pepper	Dr Pepper	Regular	8	100	0	35	27	0	Yes	28	No	Yes
Dr Pepper	Dr Pepper Made with Cane Sugar	Regular	8	100	0	35	27	0	Yes	28	No	Yes
Pepsi	Pepsi Throwback	Regular	8	100	0	25	27	0	Yes	25	No	Yes
Crush	Blue Raspberry	Regular	8	110	0	45	27	0	No	0	No	Yes
Stewart's Fountain Classics	Original Root Beer	Regular	8	110	0	34	27	0	No	0	No	Yes
Jarritos	Grapefruit	Regular	8	110	0	45	27	0	No	0	No	Yes
Crush	Grapefruit	Regular	8	108	0	40	28	0	No	0	No	No
Coca-Cola	Cherry Coke	Regular	8	100	0	23	28	0	Yes	34	No	Yes
Coca-Cola		Regular	8	100	0	23	28	0	Yes	34	*	Yes
Pepsi	Caffeine Free Pepsi	Regular	8	100	0	20	28	0	No	0	No	Yes
Pepsi	Pepsi Wild Cherry	Regular	8	100	0	20	28	0	Yes	25	No	Yes
Manzanita Sol	Mango Citrus Sol	Regular	8	107	0	40	28	0	No	0	No	Yes
Manzanita Sol	Pina Sol - Pineapple	Regular	8	107	0	40	28	0	No	0	No	Yes
Canada Dry	Wild Cherry Soda	Regular	8	110	0	45	28	0	No	0	No	Yes
Dr Pepper	Dr Pepper Cherry	Regular	8	110	0	40	28	0	Yes	26	No	Yes
RC Cola	RC Cola	Regular	8	110	0	30	28	0	Yes	29	No	Yes
Faygo	Grape	Regular	8	110	0	25	28	0	No	0	Yes	Yes
Faygo	Orange	Regular	8	110	0	25	28	0	No	0	Yes	Yes
Jarritos	Lime	Regular	8	110	0	45	28	0	No	0	No	Yes
Jarritos	Mango	Regular	8	110	0	45	28	0	No	0	No	Yes

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Jarritos	Pineapple	Regular	8	110	0	45	28	0	No	0	No	Yes
Manzanita Sol	Apple	Regular	8	110	0	25	28	0	No	0	No	Yes
Polar	Birch Beer	Regular	8	110	0	0	28	0	No	0	*	No
Polar	Root Beer	Regular	8	110	0	0	28	0	No	0	*	Yes
Stewart's Fountain Classics	Birch Beer	Regular	8	113	0	27	28	0	No	0	No	Yes
IBC	Root Beer	Regular	8	110	0	43	29	0	No	0	No	Yes
IBC	Cherry Limeade Soda	Regular	8	113	0	40	29	0	No	0	No	Yes
Mug	Root Beer	Regular	8	100	0	40	29	0	No	0	No	Yes
Canada Dry	Vanilla Cream Soda	Regular	8	110	0	45	29	0	No	0	No	No
Crush	Grape	Regular	8	110	0	45	29	0	No	0	No	Yes
Crush	Orange	Regular	8	110	0	50	29	0	No	0	No	Yes
RC Cola	RC Cherry Cola	Regular	8	110	0	30	29	0	Yes	29	No	Yes
Sunkist	Lemonade	Regular	8	110	0	40	29	0	Yes	28	No	Yes
Sunkist	Orange	Regular	8	110	0	45	29	0	Yes	28	No	Yes
Mtn Dew	Mountain Dew Throwback	Regular	8	110	0	40	29	0	Yes	36	No	Yes
Sunkist	Cherry Limeade	Regular	8	120	0	40	29	0	No	0	No	Yes
Jarritos	Mandarin	Regular	8	120	0	45	29	0	No	0	No	Yes
Polar	Cape Cod Cranberry Dry	Regular	8	120	0	0	29	0	No	0	*	Yes
Fanta	Regular Orange	Regular	8	108	0	36	30	0	No	0	No	Yes
Big Red	Big Manzana	Regular	8	120	0	24	30	0	No	0	No	Yes
Barq's	Root Beer	Regular	8	100	0	47	30	0	Yes	22	*	Yes
Squirt	Ruby Red Citrus Berry Soda	Regular	8	110	0	35	30	0	Yes	26	No	Yes
Mtn Dew	Mountain Dew White Out	Regular	8	110	0	40	30	0	Yes	36	No	No

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Manzanita Sol	Tamarindo Sol - Tamarind	Regular	8	113	0	37	30	0	No	0	No	Yes
Sun Drop	Sun Drop	Regular	8	116	0	36	30	0	Yes	42	No	Yes
Mtn Dew	Mountain Dew Voltage	Regular	8	116	0	42	30	0	Yes	36		Yes
A&W	Cream Soda	Regular	8	120	0	45	30	0	Yes	20	No	Yes
Crush	Strawberry	Regular	8	120	0	45	30	0	No	0	No	Yes
Stewart's Fountain Classics	Cream Soda	Regular	8	120	0	33	30	0	No	0	No	Yes
Sunkist	Grape	Regular	8	120	0	40	30	0	No	0	No	Yes
Sunkist	Strawberry	Regular	8	120	0	40	30	0	No	0	No	Yes
Polar	Cola	Regular	8	120	0	0	30	0	No	0	*	Yes
Polar	Cream Soda	Regular	8	120	0	0	30	0	No	0	*	Yes
Polar	Pomegranate Dry	Regular	8	120	0	0	30	0	No	0	*	Yes
Polar	Raspberry Lime	Regular	8	120	0	0	30	0	No	0	*	Yes
Polar	Strawberry	Regular	8	120	0	0	30	0	No	0	*	Yes
Stewart's Fountain Classics	Key Lime	Regular	8	120	0	33	31	0	No	0	No	Yes
Stewart's Fountain Classics	Wishniak Black Cherry	Regular	8	127	0	37	31	0	No	0	No	Yes
Mtn Dew	Mountain Dew Code Red	Regular	8	110	0	70	31	0	Yes	36	No	Yes
Mtn Dew	Mountain Dew Game Fuel - Electrifying Berry	Regular	8	110	0	40	31	0	Yes	49	No	Yes
Mtn Dew	Caffeine-Free Mountain Dew	Regular	8	110	0	40	31	0	No	0	No	Yes
Mtn Dew	Moutain Dew	Regular	8	110	0	40	31	0	Yes	36	No	Yes
Canada Dry	Black Cherry Wishniak Soda	Regular	8	120	0	45	31	0	No	0	No	Yes
Crush	Cherry	Regular	8	120	0	45	31	0	No	0	No	Yes
IBC	Cream Soda	Regular	8	120	0	45	31	0	No	0	No	Yes
Sunkist	Peach	Regular	8	120	0	45	31	0	No	0	No	Yes

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Mtn Dew	Mountain Dew Game Fuel - Citrus Cherry	Regular	8	120	0	45	31	0	Yes	49	No	Yes
Mtn Dew	Mountain Dew Live Wire	Regular	8	120	0	40	31	0	Yes	36	No	Yes
Mello Yello	Original	Regular	8	113	0	30	31	0	Yes	*	No	Yes
Fanta	Apple	Regular	8	120	0	33	32	0	No	0	No	Yes
Fanta	Grape	Regular	8	120	0	23	32	0	*	*	No	Yes
Fanta	Pineapple	Regular	8	120	0	33	32	0	No	0	No	Yes
Fanta	Strawberry	Regular	8	120	0	30	32	0	No	0	No	Yes
A&W	Root Beer	Regular	8	120	0	55	32	0	No	0	No	Yes
Big Red	Big Peach	Regular	8	120	0	20	32	0	Yes	*	No	Yes
IBC	Black Cherry	Regular	8	120	0	37	32	0	No	0	No	Yes
Sunkist	Fruit Punch	Regular	8	120	0	40	32	0	No	0	No	Yes
Mug	Cream Soda	Regular	8	120	0	40	32	0	No	0	No	Yes
Stewart's Fountain Classics	Grape Soda	Regular	8	127	0	33	32	0	No	0	No	Yes
Stewart's Fountain Classics	Peach Soda	Regular	8	127	0	33	32	0	No	0	No	Yes
Big Red	Big Blue	Regular	8	130	0	30	32	0	Yes	*	No	Yes
Stewart's Fountain Classics	Orange 'N Cream	Regular	8	130	0	45	32	0	No	0	No	Yes
Polar	Fruit Punch	Regular	8	130	0	0	32	0	No	0	*	Yes
Polar	Grape	Regular	8	130	0	0	32	0	No	0	*	Yes
Polar	Orange	Regular	8	130	0	0	32	0	No	0	*	Yes
Polar	Orange Dry	Regular	8	130	0	0	32	0	No	0	*	*
Polar	Pineapple	Regular	8	130	0	0	32	0	No	0	*	Yes
Canada Dry	Island Lime Soda	Regular	8	124	0	32	32	0	No	0	No	Yes
Stewart's Fountain Classics	Cherries 'N Cream	Regular	8	127	0	37	33	0	No	0	No	Yes

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Tahitian Treat	Tahitian Treat Fruit Punch Soda	Regular	8	120	0	45	33	0	No	0	No	Yes
Crush	Peach	Regular	8	130	0	45	33	0	No	0	No	Yes
Stewart's Fountain Classics	Ginger Beer	Regular	8	133	0	33	33	0	No	0	No	Yes
Crush	Lime	Regular	8	130	0	45	34	0	No	0	No	Yes
Crush	Pineapple	Regular	8	130	0	45	34	0	No	0	No	Yes
Sunkist	Pineapple	Regular	8	130	0	40	34	0	No	0	No	Yes
Big Red	Big Pineapple	Regular	8	140	0	30	36	0	*	*	No	Yes
Jones	Fufu Berry	Regular	8	160	0	35	36	0	No	0	No	Yes
Reed's	Cherry Ginger Brew	Regular	8	145	0	5	37	0	No	0	No	No
Reed's	Extra Ginger Brew	Regular	8	145	0	5	37	0	No	0	No	No
Reed's	Premium Ginger Brew	Regular	8	145	0	5	37	0	No	0	No	No
Reed's	Raspberry Ginger Brew	Regular	8	145	0	5	37	0	No	0	No	No
Reed's	Reed's Original Ginger Brew	Regular	8	145	0	5	37	0	No	0	No	No
Reed's	Spiced Apple Ginger Brew	Regular	8	145	0	5	37	0	No	0	No	No
Virgil's	Black Cherry Cream Soda	Regular	8	150	0	0	38	0	No	0	No	No
Virgil's	Cream Soda	Regular	8	147	0	0	39	0	No	0	No	No
Cheerwine	Original	Regular	8	150	0	25	42	0	Yes	*	No	Yes
Virgil's	Dr. Better	Regular	8	160	0	0	42	0	No	0	No	No
Virgil's	Orange Cream Soda'	Regular	8	160	0	0	42	0	No	0	No	No
Virgil's	Real Cola	Regular	8	160	0	0	42	0	No	0	No	No
Virgil's	Root Beer	Regular	8	160	0	0	42	0	No	0	No	No
Jones	Crushed Melon	Regular	8	160	0	35	43	0	No	0	No	
Jones	Bubblegum	Regular	8	165	0	35	43	0	No	0	No	Yes

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Jones	Cream	Regular	8	165	0	35	43	0	No	0	No	Yes
Jones	Green Apple	Regular	8	165	0	35	43	0	No	0	No	Yes
Jones	Lemonade	Regular	8	165	0	35	43	0	No	0	No	Yes
Jones	Root Beer	Regular	8	165	0	35	43	0	No	0	No	No
Jones	Strawberry Lime	Regular	8	165	0	35	43	0	No	0	No	Yes
Jones	Cola	Regular	8	190	0	35	48	0	Yes	*	No	Yes

\*Information unavailable