

## Drinks with the most sugar per ounce by beverage category

Category	Brand	Variety	Serving size (oz)	Calories (kcal)	Sugar (g)	Caffeine present	Zero-Calorie Sweeteners	Artificial Colors	Sugar (g) per oz
Fruit drinks	Minute Maid	Cranberry Apple Cocktail	8	217	57	No	No	No	7.15
	Nectars	Passion Fruit	8	180	46	No	No	No	5.75
	Jumex	Strawberry Banana	8	170	39	No	Yes	No	4.88
	Ssips	Guava	8	160	38	No	No	Yes	4.75
	Tropicana	Grape	8	150	38	No	No	No	4.75
Regular soda	Jones	Cola	8	190	48	Yes	No	Yes	6.00
	Jones	Bubblegum	8	165	43	No	No	Yes	5.38
	Jones	Cream	8	165	43	No	No	Yes	5.38
	Jones	Crushed Melon	8	160	43	No	No	*	5.38
	Jones	Green Apple	8	165	43	No	No	Yes	5.38
Energy drinks	Rockstar	Green Apple	8	140	33	Yes	Yes	Yes	4.13
	Rockstar	Bubbleberry	8	130	32	Yes	Yes	Yes	4.00
	Rockstar	Rockstar Punched Citrus	8	130	31	Yes	Yes	Yes	3.88
	Rockstar		8	130	31	Yes	No	Yes	3.88
	Rockstar	Rockstar Punched	8	130	30	Yes	Yes	Yes	3.75
Iced tea/Coffee	Lipton	Extra Sweet Tea	8	108	28	Yes	No	No	3.51
	Starbucks	Dark Chocolate Mocha	8	164	28	Yes	No	No	3.50
	Starbucks	Caramel	8	169	27	Yes	No	No	3.38
	Starbucks	Coffee	8	169	27	Yes	No	No	3.38
	Starbucks	Vanilla	8	169	27	Yes	No	No	3.38
Sports drinks	Powerade	Fruit Punch	8	53	14	No	No	Yes	1.75
	Powerade	Grape	8	53	14	No	No	Yes	1.75
	Powerade	Lemon Lime	8	53	14	No	No	Yes	1.75
	Powerade	Melon	8	53	14	No	No	Yes	1.75
	Powerade	Mountain Berry Blast	8	53	14	No	No	Yes	1.75
Flavored water	Glaceau	defense (raspberry-apple)	8	48	13	No	No	No	1.60
	Glaceau	energy (tropical citrus)	8	48	13	Yes	No	No	1.60
	Glaceau	essential (orange-orange)	8	48	13	No	No	No	1.60
	Glaceau	focus (kiwi-strawberry)	8	48	13	No	No	No	1.60
	Glaceau	Formula 50 (grape)	8	48	13	No	*	*	1.60

\* Information unavailable