NUTRITION INFORMATION

BEVERAGES

COCA-COLA®

Nutrition Facts

1 serving per container

Serving size	**1 Bottle**
Amount per serving	
Calories	**240**
	% Daily Value*
Total Fat 0g	**0%**
Sodium 75mg	**3%**
Total Carbohydrate 65g	**24%**
Total Sugars 65g	
Includes 65g Added Sugars	**130%**
Protein 0g	

* Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.

Caffeine Content: 57 mg/20 fl oz

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE..

COCA-COLA® ZERO SUGAR

Nutrition Facts

12 servings per container

Serving size **1 Can**

Amount per serving

Calories **0**

	% Daily Value*
Total Fat 0g	**0%**
Sodium 40mg	**2%**
Total Carbohydrate 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 0g	
Potassium 60mg	2%

* Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium and iron.

Caffeine Content: 34 mg/12 fl oz

INGREDIENTS: CARBONATED WATER, CARAMEL COLOR, PHOSPHORIC ACID, ASPARTAME, POTASSIUM BENZOATE (TO PROTECT TASTE), NATURAL FLAVORS, POTASSIUM CITRATE, ACESULFAME POTASSIUM, CAFFEINE.

PHENYLKETONURICS: CONTAINS PHENYLALANINE PHENYLKETONURICS:

CONTAINS: PHENYLALANINE, ZERO SUGAR

DIET COKE®

Nutrition Facts

35 servings per container

Serving size	**1 Can**
Amount per serving	
Calories	**0**
	% Daily Value*
Total Fat 0g	**0%**
Sodium 40mg	**2%**
Total Carbohydrate 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 0g	

* Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium.

Caffeine Content: 46mg/12 fl oz

INGREDIENTS: CARBONATED WATER, CARAMEL COLOR, ASPARTAME, PHOSPHORIC ACID, POTASSIUM BENZOATE (TO PROTECT TASTE), NATURAL FLAVORS, CITRIC ACID, CAFFEINE. PHENYLKETONURICS: CONTAINS PHENYLALANINENO CALORIES NO SUGAR.

SPRITE®

Nutrition Facts	Amount/Serving	% Daily Value
Serv. Size 1 Bottle	**Total Fat** 0g	**0%**
	Sodium 110mg	**5%**
	Total Carb. 64g	**23%**
	Total Sugars 63g	
	Incl. 63g Added Sugars	**126%**
	Protein 0g	
Calories per serving 230	Not a significant source of sat. fat, *trans* fat, cholest., fiber, vit. D, calcium, iron and potas.	

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL FLAVORS, SODIUM CITRATE, SODIUM BENZOATE (TO PROTECT TASTE).

100% NATURAL FLAVORS NO CAFFEINE

POWERADE®

Nutrition Facts

2.5 servings per container

Serving size	1 Bottle
Amount per serving Calories	130
	% Daily Value*
Total Fat 0g	0%
Sodium 400mg	17%
Total Carbohydrate 34g	12%
Total Sugars 34g	
Includes 34g Added Sugars	68%
Protein 0g	
Potassium 80mg	2%
Vitamin C	20%
Niacin 3mg	20%
Vitamin B6 0.3mg	20%
Vitamin B12	35%
Magnesium 0mg	0%

* Not a significant source of sat. fat, trans fat, cholest., fiber, vit. D, and iron.

INGREDIENTS: WATER, HIGH FRUCTOSE CORN SYRUP, LESS THAN %0.5 OF: CITRIC ACID, ELECTROLYTES (SALT, SODIUM CITRATE, MAGNESIUM AND CALCIUM CHLORIDES, MONO-POTASSIUM PHOSPHATE). VITAMINS B12 AND C (CYANOCOBALAMIN AND ASCORBIC ACID), NATURAL FLAVORS, MODIFIED FOOD STARCH, CALCIUM DISODIUM EDTA (TO PROTECT COLOR), MEDIUM CHAIN TRIGLYCERIDES, SUCROSE ACETATE ISOBUTRATE, BLUE 1

MONSTER ENERGY®

Nutrition Facts

Serving Size:
16 **fl oz (480g)**
Energy Drink

Amount Per Serving

Calories	**298**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	**0%**
Sodium 230mg	**10%**
Total Carbohydrates 72g	**26%**
Dietary Fiber 0g	**0%**
Sugars 66g	
Protein 2g	
Vitamin D 0mcg	**0%**
Calcium 0mg	**0%**
Iron 0mg	**0%**
Potassium 48mg	**1%**
Caffeine 182.4mg	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

INGREDIENTS: GLUCOSE, TAURINE, PANAX GINSENG EXTRACT, L-CARNITINE, CAFFEINE, GLUCURONOLACTONE, INOSITOL, GUARANA EXTRACT, MALTODEXTRIN.

DASANI®

Nutrition Facts

1 serving per container

Serving size	1 Bottle
Amount per serving Calories	0
	% Daily Value*
Total Fat 0g	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 0g	

* Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium.

INGREDIENTS: PURIFIED WATER, MAGNESIUM SULFATE, POTASSIUM CHLORIDE, SALT. * *MINERALS ADDED FOR TASTE

FAIRLIFE® 2% MILK

Nutrition Facts

1.0 servings per container

Serving size	**1 Bottle (340 mL)**
Amount per serving	
Calories	**170**
	% Daily value*
Total Fat 6g	**8%**
Saturated Fat 4g	**20%**
Trans Fat 0g	**0%**
Cholesterol 30mg	**10%**
Sodium 170mg	**7%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 0g	**0%**
Sugar 9g	**0%**
Added Sugar 0g	**0%**
Protein 19g	**37%**
Calcium 540mg	40%
Magnesium 40mg	10%
Phosphorus 400mg	30%
Potassium 580mg	10%
Vitamin D 7mcg	35%
Zinc 1.5mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: REDUCED FAT ULTRA-FILTERED MILK, LACTASE ENZYME, VITAMIN A PALMITATE, VITAMIN D3.

CONTAINS MILK AND ITS DERIVATIVES. FREE FROM LACTOSE.

FAIRLIFE® 2% CHOCLATE MILK

Nutrition Facts

1 serving per container

Serving size1 Bottle (340 mL)

Amount per serving

Calories 200

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 400mg	**17%**
Total Carbohyd	
Dietary Fiber 1g	**4%**
Total Sugars 17g	
Includes 8g Added Sugars	**16%**
Protein 19g	**37%**

Vit. D 7.2mcg 35% • Calcium 530mg 40%

Fairlife Milk 2% C

INGREDIENTS: REDUCED FAT ULTRA-FILTERED MILK, SUGAR, ALKALIZED COCOA, LACTASE ENZYME, SODIUM POLYPHOSPHATE, ACESULFAME POTASSIUM, CARRAGEENAN, NATURAL FLAVORS, SUCRALOSE, VITAMIN A PALMITATE, VITAMIN D3.

OATLY®

Nutrition Facts

About 1 servings per container

Serving size	**1 container (330mL)**
Amount per serving	
Calories	**170**
	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 120mg	**5%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 3g	**11%**
Soluble Fiber 2g	
Total Sugars 10g	
Includes 10g Added Sugars	**20%**
Protein 4g	
Vitamin D 5mcg	25%
Calcium 470mg	35%
Iron 0.4mg	2%
Potassium 470mg	10%
Vitamin A 230mcg	25%
Riboflavin 0.78mg	60%
Vitamin B_{12} 1.84mcg	80%
Phosphorus 380mg	30%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: OAT BASE (WATER, OATS). CONTAINS 2% OR LESS OF: LOW ERUCIC ACID RAPESEED OIL, DIPOTASSIUM PHOSPHATE, CALCIUM CARBONATE, TRICALCIUM PHOSPHATE, SEA SALT, DICALCIUM PHOSPHATE, RIBOFLAVIN, VITAMIN A, VITAMIN D2, VITAMIN B12..

LA COLOMBE® COLD BREW

Nutrition Facts

12 servings per container

Serving size **1 can**

Amount per serving

Calories **15**

	% Daily Value*
Total Fat 0g	**0%**
Sodium 25mg	**1%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 2g	7%
Protein <1g	
Potassium 230mg	4%

Not a significant source of saturated fat, trans fat, cholesterol, total sugars, added sugars, vitamin D, calcium and iron.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: COLD-PRESSED COFFEE (WATER, 100% ARABICA COFFEE), NATURAL FLAVOR.