

BEVERAGE NUTRITIONAL FACTS

Soft Drink: Dr. Peppy

Nutrition Facts	
Serving Size	12 fl oz
Calories	150
Total Fat	0g
Sodium	55mg
Total Carbohydrates	40g
Dietary Fiber	0g
Sugars	40g
Protein	0g
Vitamin A 0%	Vitamin C 0%
Vitamin E 0%	Calcium 0%
Iron 0%	Thiamin 0%
Niacin 0%	Folate 0%
Vitamin B ₁₂ 0%	Zinc 0%
Magnesium 0%	

100% Juice: Orange Juice

Nutrition Facts	
Serving Size	8 fl oz
Calories	110
Total Fat	0g
Sodium	10mg
Total Carbohydrates	25g
Dietary Fiber	0g
Sugars	21g
Protein	2g
Vitamin A 4%	Vitamin C 137%
Vitamin E 0%	Calcium 35%
Iron 2%	Thiamin 18%
Niacin 3%	Folate 15%
Vitamin B ₁₂ 0%	Zinc 0%
Magnesium 7%	

Favorite Drink Example: Sweetened Tea

Nutrition Facts	
Serving Size	16 fl oz
Calories	70
Total Fat	0g
Sodium	14mg
Total Carbohydrates	18g
Dietary Fiber	0g
Sugars	18g
Protein	0g
Vitamin A 0%	Vitamin C 0%
Vitamin E 0%	Calcium 0%
Iron 0%	Thiamin 0%
Niacin 0%	Folate 0%
Vitamin B ₁₂ 0%	Zinc 0%
Magnesium 0%	