

Nutrition Facts: Sugar



Sports Drink

Ingredients:

Water, High Fructose Corn Syrup, Less Than 0.5% of: Citric Acid, Natural Flavors, Electrolytes (Salt, Mono-potassium Phosphate, Magnesium and Calcium Chlorides), Modified Food Starch, Glycerol Ester of Rosin, Calcium Disodium EDTA (To Protect Color), MCT, Vitamins B3, B6, B12 (Niacinamide, Pyridoxine Hydrochloride, Cyanocobalamin), Red 40, Ascorbic Acid (To Protect Taste)

Nutrition Facts	
Serving Size 12 fl oz (360 mL)	
Servings Per Container about 2.5	
Amount Per Serving	
Calories (Energy) 80	
% Daily Value*	
Total Fat 0g	0%
Sodium 150mg	6%
Potassium 35mg	1%
Total Carbohydrate 22g	7%
Sugars 21g	
Protein 0g	
Niacin 15%	Vitamin B6 15%
Vitamin B12 15%	Magnesium †
†Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	



Cola

Ingredients:

Carbonated water, high fructose corn syrup, caramel color, phosphoric acid, natural flavors, caffeine.

Nutrition Facts	
Serving Size	1 Can
Amount Per Serving	
Calories	140
% Daily Value	
Total Fat 0g	0%
Sodium 45mg	2%
Total Carbohydrate 39g	14%
Total Sugars 39g	
Includes 39g Added Sugars	
78%	
Protein 0g	
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.	