

BEVERAGE NUTRITIONAL COMPARISON

Standard 8oz (240ml) Serving Size Reference

BEVERAGE TYPE	CALORIES	SUGAR (G)	CALORIE DENSITY
Water / Seltzer	0	0g	
Black Coffee / Tea	2	0g	
Skim Milk	80	12g	
Orange Juice (Fresh)	110	21g	
Cola / Soda	140	39g	
Chocolate Milk (Whole)	210	26g	

Calculations based on average commercial retail values. Individual brands may vary.