

# Do You Know What is in Your Drink?



DRINK	SIZE	CALORIES	SUGAR (tsp)	Caffeine	Minutes of Brisk Activity*
Rockstar Energy Drink	16oz	560 cal	16	160mg	1 hr. & 48 min
Starbucks Java Chip Frappuccino w/ whip cream	16oz (Grande)	510cal	15	105mg	1hr. & 38 min
Jamba Juice Strawberry Surf Rider	24oz	490cal	27	None	1hr. & 34 min
Naked Protein Banana Chocolate	15.2oz	480cal	18	None	1hr. & 32 min
Nesquick Chocolate Milk	16oz	400cal	15	small amounts	1 hr. & 17 min
Jamba Juice Tahiti Green Tea	24oz	360cal	19	0	1 hr. & 09 min
Monster Energy	25oz	300 cal	20	250mg	58 min
Mountain Dew	20oz	275cal	19	90mg	53 min
SunnyD Smooth Style	16oz	260cal	15	0	50 min
Snapple Lemon Iced Tea	20oz	250cal	15	52mg	48 min
Minute Maid Lemonade	20oz	250cal	17	0	48 min
Odwalla Serious Energy	12oz	240cal	11	0	46 min
Full Throttle	16oz	220 cal	15	144mg	42 min
AMP Energy	16oz	220cal	15	142mg	42 min
Arizona Green Tea	23.5oz	210cal	13	30mg	40 min
Tropicana Orange Juice	14oz	190cal	9	0	36 min
Hawaiian Sun Juice	12oz (can)	160cal	9	0	30 min
1% Chocolate Milk	8oz	160cal	6	small amounts	30 min
Lemonade	12oz (can)	150cal	10	0	29 min
Aloha Maid Natural Drinks	12oz (can)	140cal	8.5	0	27 min
Coke or Sprite	12oz	140cal	10	Coke- 35mg	27 min
Gatorade	20oz	130cal	9	0	25 min
Lipton Ice Tea (with lemon flavor)	12oz	128cal	8	21mg	24 min
Vitamin Water Power-c	20oz	125cal	3	0	24 min
Powerade	16oz	120cal	7.5	0	23 min
Red Bull	8oz	110 cal	7	80mg	21 min
Fruit Punch	8oz	110cal	7	0	21 min
Apple Juice	6.75oz (box)	100cal	5.5	0	19 min
Capri Sun	6.75oz (pouch)	90cal	6	0	17 min
<b>Skim Milk</b>	<b>8oz</b>	<b>90cal</b>	<b>3</b>	<b>0</b>	<b>17 min</b>
Kool-Aid (sugar sweetened powder mix)	8oz	60cal	4	0	11 min
Propel Berry	23.7oz	30cal	2	0	5 min
<b>Coffee</b>	<b>8oz</b>	<b>2 cal</b>	<b>0</b>	<b>80-135mg</b>	<b>0</b>
<b>Water</b>	<b>ANY</b>	<b>0 cal</b>	<b>0</b>	<b>0</b>	<b>0</b>

\*Reference is for a 130lbs woman: Brisk walking at 4 miles per hour. The heavier the individual and the more vigorous the activity, the more calories will be burned.

**Quench your thirst with WATER! Add lemon, lime or orange slices to a glass of plain or bubbly water! Hawaii has great drinking water! Just turn on the faucet!**

