

BEVERAGES	SERVING SIZE	CALORIES	TOTAL FAT Grams	SATURATED FAT Grams	CHOLESTEROL Milligrams	SODIUM Milligrams	PROTEIN Grams	CARBS Grams	FIBER Grams
Aquafina	20 fl. oz.	0	0	0	0	0	0	0	0
Coffee, Regular or Decaffeinated	12 fl. oz.	8	0	0	0	0	0	0	0
Cola	20 fl. oz.	250	0	0	0	87	0	68	0
Cola, Diet	20 fl. oz.	0	0	0	0	70	0	0	0
Mountain Dew	20 fl. oz.	275	0	0	0	125	0	78	0
Mountain Dew, Diet	20 fl. oz.	0	0	0	0	63	0	0	0
Tea Bag, All Teas	6 fl. oz.	2	0	0	0	0	0	0	0