



Nutrition Guide

updated November 2018

Beverages

Coffee & Hot Tea		Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Breakfast Blend		5	0	0	0	0	0	10	0	0	0	<1
Caramel Coffee		60	0	0	0	0	0	10	14	0	14	<1
Caramel Mocha		270	80	9	7	0	0	140	46	1	37	2
Decaf Coffee		0	0	0	0	0	0	10	0	0	0	<1
Hot Chocolate		320	80	9	7	0	0	300	55	2	44	4
Hot Tea		0	0	0	0	0	0	10	<1	0	0	0
Sweet and Creamy Cappuccino	Vanilla	280	90	10	8	0	0	80	47	0	40	2
	Caramel	290	90	10	8	0	0	100	50	<1	40	2
	Original	250	90	10	8	0	0	80	40	0	33	2
Vanilla Coffee		60	0	0	0	0	0	10	15	0	15	<1
Juice & Milk		Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Apple	Small	70	0	0	0	0	0	20	17	0	16	0
	Regular	140	0	0	0	0	0	35	35	0	33	0
Milk- 2% White	Small	110	40	4.5	3	0	20	105	11	0	11	7
	Regular	220	80	9	6	0	35	210	21	0	22	14
Milk - 1% Chocolate	Small	170	20	2.5	1.5	0	5	140	30	1	23	8
	Regular	320	40	4.5	3	0	15	280	57	2	45	15
Orange Juice	Small	100	0	0	0	0	0	10	24	<1	20	2
	Regular	180	0	0	0	0	0	15	42	1	36	3
Tomato	Small	40	5	0.5	0	0	0	560	8	<1	6	2
	Regular	70	10	1.5	0	0	0	1110	15	2	11	4
Iced Teas & Lemonades		Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Arnold Palmer		45	0	0	0	0	0	10	12	0	10	0
Lemonade		100	0	0	0	0	0	15	25	0	21	0
Freshly Brewed Iced Tea - Unsweetened		5	0	0	0	0	0	10	2	<1	0	0
Freshly Brewed Iced Tea - Sweet		70	0	0	0	0	0	10	20	<1	18	0
Freshly Brewed Peach Iced Tea		150	0	0	0	0	0	10	39	<1	36	0
Stawberry Lemonade		120	0	0	0	0	0	15	30	<1	27	0
Soft Drinks		Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Brisk Strawberry Melon		45	0	0	0	0	0	95	12	0	12	0
Diet Mt. Dew		0	0	0	0	0	0	40	0	0	0	0
Diet Pepsi		0	0	0	0	0	0	40	0	0	0	0
Mist Twist		100	0	0	0	0	0	20	27	0	27	0
Mountain Dew		110	0	0	0	0	0	35	29	0	29	0
Mug Root Beer		100	0	0	0	0	0	30	26	0	26	0
Pepsi-Cola		100	0	0	0	0	0	20	28	0	28	0
Wild Cherry Pepsi		100	0	0	0	0	0	20	28	0	28	0

* 2,000 calories a day is used for general nutrition advice, but calorie needs vary