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2018

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# NUTRITION FACTS

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in the box®

Allergens	Serving Size (g)	Calories per Serving	Calories from Fat
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### Better for You

- Chicken Fajita Pita made with Whole Grain (no salsa)
- Chicken Teriyaki Bowl
- Chiquita® Apple Bites with Caramel Dip
- Grilled Chicken Salad\*
- Jr. Jumbo Jack®

SMW	220	340	110
SW	499	690	50
M	76	70	0
SM	372	250	90
SEMWW	150	420	230

\*Nutrition information does not include salad dressing or crunchy toppings.

### Brunchfast™

- Bacon & Egg Chicken Sandwich
- Brunch Burger
- Homestyle Potatoes
- Mini Pancakes (8 pc.)
- Country Scrambler Plate

SEMWW	240	650	350
SEMWW	215	770	500
SMW	165	260	110
SEMWW	71	140	15
SEMWW	354	770	490

### Burgers & More

- Bacon & Swiss Buttery Jack™
- Bacon Ultimate Cheeseburger™
- Cheeseburger
- Classic Buttery Jack™
- Double Jack
- Hamburger
- Jr. Bacon Cheeseburger
- Jr. Jumbo Jack®
- Jr. Jumbo Jack® Cheeseburger
- Jumbo Jack®
- Jumbo Jack® Cheeseburger
- Sourdough Jack®
- Spicy Sriracha Burger
- Ultimate Cheeseburger™

SEMWW	240	890	530
SEMWW	272	930	590
SMW	123	380	190
SEMWW	270	820	470
SEMWW	319	830	520
SMW	111	340	160
SEMWW	129	480	280
SEMWW	150	420	230
SEMWW	161	460	260
SEWM	223	520	300
SEMWW	245	600	360
SEMWW	227	700	410
SEMWW	247	680	400
SEMWW	253	840	530

### Chicken & More

- Chicken Fajita Pita made with Whole Grain (with salsa)
- Chicken Fajita Pita made with Whole Grain (no salsa)

SMW	244	350	110
SMW	220	340	110

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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12	6	0	55	1000	220	35	4	3	23
6	1	0	40	1910	380	134	5	35	27
0	0	0	0	55	85	17	2	13	0
9	4.5	0	80	750	830	13	5	13	30
26	7	1	30	560	240	33	2	6	14

39	11	0.5	300	1630	480	37	2	1	37
55	22	2	320	730	380	32	2	3	37
12	2.5	0	0	580	490	34	3	1	4
1.5	0	0	0	350	0	28	1	6	4
54	17	0	380	1810	0	37	3	3	33

59	25	2	145	1350	440	48	3	11	42
65	25	3	165	1590	570	32	1	6	55
21	8	1	35	780	190	32	1	5	16
52	23	1.5	130	1150	480	50	4	12	37
58	22	3	140	1130	600	34	2	7	46
18	5	1	25	570	180	32	1	5	14
31	10	1	45	860	220	32	1	5	19
26	7	1	30	560	240	33	2	6	14
29	9	1	40	760	260	33	2	6	16
33	10	1.5	60	580	370	32	2	6	23
40	14	1.5	80	990	400	33	2	6	28
45	15	1.5	95	1180	450	39	3	7	35
45	14	1.5	90	1330	470	38	3	6	33
59	23	3	150	1180	470	31	1	5	47

12	6	0	55	1120	230	36	4	4	24
12	6	0	55	1000	220	35	4	3	23

Allergens	Serving Size (g)	Calories per Serving	Calories from Fat
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Chicken Nuggets (5 pc.)  
 Chicken Nuggets (10 pc.)  
 Chicken Sandwich  
 Chicken Sandwich with Bacon  
 Chicken Teriyaki Bowl  
 Crispy Chicken Strips (4 pc.)  
 Fish Sandwich (seasonal)  
 Homestyle Ranch Chicken Club  
 Jack's Spicy Chicken\*  
 Jack's Spicy Chicken\* with Cheese  
 Sourdough Grilled Chicken Club

	SMW	77	240	150
	SMW	153	480	300
	SEMWW	173	510	290
	SEMWW	169	550	310
	SW	499	690	50
	SMW	195	560	220
	SEFMW	173	410	170
	SEMWW	267	710	290
	SEMWW	232	550	260
	SEMWW	255	630	320
	SEMWW	266	580	270

**Salads**

Chicken Club Salad with Crispy Chicken\*  
 Chicken Club Salad with Grilled Chicken\*  
 Grilled Chicken Salad\*  
 Side Salad\*  
 Southwest Chicken Salad with Crispy Chicken\*  
 Southwest Chicken Salad with Grilled Chicken\*  
 Creamy Southwest Dressing  
 Gourmet Seasoned Croutons  
 Low Fat Balsamic Vinaigrette Dressing  
 Ranch Dressing  
 Spicy Corn Sticks

	SMW	375	510	250
	SM	376	370	180
	SM	372	250	90
		115	20	0
	SMW	428	500	210
	SM	430	350	140
	EM	50	190	170
	SMW	14	70	25
		43	25	15
	SEM	50	250	220
		12	60	25

\*Nutrition information does not include salad dressing or crunchy toppings.

**Snacks & Sides**

Bacon Cheddar Potato Wedges  
 Bacon Ranch Monster Taco™  
 Chiquita® Apple Bites with Caramel Dip  
 Egg Roll (1 pc.)  
 Egg Roll (3 pc.)  
 French Fries (Small)  
 French Fries (Medium)  
 French Fries (Large)  
 Monster Taco™

	SMW	252	680	370
	SEMWW	117	340	220
	M	76	70	0
	SEFW	58	150	70
	SEFW	174	440	200
		94	300	120
		137	430	180
		176	550	230
	SMW	118	270	150

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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17	2	0	25	600	170	13	1	0	9
33	4.5	0	50	1210	340	26	2	0	19
32	5	0	35	900	240	40	2	3	15
35	7	0	45	1170	280	40	2	4	20
6	1	0	40	1910	380	134	5	35	27
24	3	0	60	1580	550	53	3	0	33
19	3	0	30	890	280	45	2	4	16
33	8	0	80	1880	590	66	4	12	40
29	5	0	55	770	460	48	2	5	26
35	8	0.5	70	1060	490	49	2	5	30
30	8	0	95	1500	610	38	3	6	39

28	9	0	70	1230	730	36	5	4	32
20	9	0	105	1060	780	11	4	5	39
9	4.5	0	80	750	830	13	5	6	30
0	0	0	0	10	230	4	2	2	1
23	7	0	55	1260	830	52	8	5	28
15	6	0	90	1090	880	27	7	6	35
19	3	0	20	740	55	3	0	1	1
3	0	0	0	150	10	9	0	1	1
1.5	0	0	0	370	40	3	0	2	0
25	4	0	25	410	55	5	0	1	1
2.5	0	0	0	60	25	8	1	0	1

41	9	0	30	1250	810	58	5	2	17
24	6	0.5	30	660	290	19	1	1	11
0	0	0	0	55	85	17	2	13	0
7	1.5	0	5	320	140	15	2	2	5
22	5	0	20	950	430	46	7	6	16
14	1	0	0	540	380	40	3	0	3
20	2	0	0	780	550	58	4	0	5
25	2.5	0	0	1010	720	75	5	1	6
17	6	0.5	25	630	250	19	2	1	9

Allergens	Serving Size (g)	Calories per Serving	Calories from Fat
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Nacho Monster Taco™  
Panko Onion Rings  
Seasoned Curly Fries (Small)  
Seasoned Curly Fries (Medium)  
Seasoned Curly Fries (Large)  
Side Salad\*  
Stuffed Jalapeños (3 pc.)  
Stuffed Jalapeños (7 pc.)  
Taco, Regular (1 Taco)

SMW	136	330	200
SMW	118	440	210
W	85	280	150
W	130	430	220
W	147	480	250
	115	20	0
MW	71	220	110
MW	165	510	260
SMW	81	170	80

\*Nutrition information does not include salad dressing or crunchy toppings.

#### Breakfast

Bacon Breakfast Jack®  
Bacon, Egg & Cheese Biscuit  
Biscuit (a la carte)  
Breakfast Jack®  
Extreme Sausage® Sandwich  
Grande Sausage Breakfast Burrito (with salsa)  
Grande Sausage Breakfast Burrito (no salsa)  
Grilled Breakfast Sandwich  
Hash Browns  
Jumbo Breakfast Platter with Bacon  
Jumbo Breakfast Platter with Sausage  
Loaded Breakfast Sandwich  
Meat Lovers Breakfast Burrito (with salsa)  
Meat Lovers Breakfast Burrito (no salsa)  
Mini Pancakes (8 pc.)  
Sausage Biscuit  
Sausage Breakfast Jack®  
Sausage Croissant  
Sausage, Egg & Cheese Biscuit  
Sourdough Breakfast Sandwich  
Spicy Chicken Biscuit  
Supreme Croissant  
Ultimate Breakfast Sandwich

SEMWW	123	380	190
SEMWW	128	410	230
SMW	68	260	120
SEMWW	132	350	170
SEMWW	192	650	440
SEMWW	381	1040	630
SEMWW	358	1040	630
SEMWW	253	620	260
W	64	190	110
SEMWW	247	540	260
SEMWW	267	620	350
SEMWW	242	710	420
SEMWW	316	790	450
SEMWW	292	780	450
SEMWW	71	140	15
SMW	107	430	260
SEMWW	152	500	300
SEM	159	560	350
SEMWW	158	530	340
SEMWW	152	410	190
SEMWW	170	550	260
SEMWW	148	450	240
SEMWW	214	520	280

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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22	6	0.5	15	930	240	23	2	2	9
24	2	0	0	620	150	52	3	5	6
16	1.5	0	0	610	350	30	3	0	3
25	2	0	0	940	530	46	4	0	5
28	2.5	0	0	1060	600	52	4	0	6
0	0	0	0	10	230	4	2	2	1
12	4.5	0	15	730	90	21	1	2	6
29	10	0.5	40	1690	210	49	3	5	14
9	3	0	15	360	180	16	2	1	6

21	7	0	240	850	190	30	1	4	17
25	12	0	240	1180	190	26	2	3	16
14	7	0	0	690	75	25	2	2	5
18	6	0	240	840	190	30	1	4	16
49	16	0.5	295	1140	280	29	1	3	25
70	20	0.5	390	2130	530	68	5	5	36
70	20	0.5	390	2010	520	67	4	4	35
29	10	0	490	1810	380	53	4	4	36
13	1	0	0	350	230	17	2	0	2
29	6	0	345	1390	410	47	3	7	23
39	9	0	360	1250	410	47	3	7	21
47	16	0	515	1690	420	36	2	4	36
50	21	0.5	410	1710	370	50	3	4	39
50	21	0.5	410	1590	360	48	2	3	39
1.5	0	0	0	350	0	28	1	6	4
29	12	0	30	960	280	26	2	3	11
34	11	0.5	265	920	230	30	1	4	19
39	16	0.5	275	760	220	32	2	3	19
38	16	0	265	1240	230	27	2	3	18
21	8	0	250	1010	220	35	2	4	20
29	9	0	50	1110	380	44	2	3	25
27	12	0.5	260	890	230	32	2	4	19
31	11	0	490	1540	330	30	1	4	31

Allergens	Serving Size (g)	Calories per Serving	Calories from Fat
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#### Jack's Munchie Meals\*

- Chick-N-Tater Melt Munchie Meal\*
- Spicy Nacho Chicken Munchie Meal\*
- Sriracha Curly Fry Burger Munchie Meal\*
- Stacked Grilled Cheese Burger Munchie Meal\*
- Halfsies (a la carte)
- Halfsies (in Munchie Meal)

	SEMWW	1213	2010	980
	SEMWW	1199	1790	720
	SEMWW	1121	1720	790
	SEMWW	1241	1890	840
	W	122	390	190
	W	140	450	220

\*Nutrition information includes 20fl. oz Coca Cola (Small Drink).

#### Old-Fashioned Shakes & Desserts

- Chocolate Overload™ Cake
- Mini Churros (5 pc.)
- New York Style Cheesecake
- Shake, Chocolate with Whipped Topping - 16 fl. oz.
- Shake, Chocolate with Whipped Topping - 24 fl. oz.
- Shake, OREO® Cookie with Whipped Topping 16 fl. oz.
- Shake, OREO® Cookie with Whipped Topping - 24 fl. oz.
- Shake, Strawberry with Whipped Topping - 16 fl. oz.
- Shake, Strawberry with Whipped Topping - 24 fl. oz.
- Vanilla Shake with Whipped Topping - 16 fl. oz.
- Vanilla Shake with Whipped Topping - 24 fl. oz.

	SEMWW	93	300	60
	SEMWW	86	350	170
	SEMWW	92	310	150
	M	376	780	350
	M	543	1120	490
	SMWW	362	800	380
	SMWW	521	1150	550
	M	374	760	340
	M	539	1090	480
	M	339	680	340
	M	486	980	480

#### Kid's Combos

- Breakfast Jack\*
- Cheeseburger
- Chicken Nuggets (5 pc.)
- Chicken Sandwich
- Chiquita® Apple Bites with Caramel Dip
- Crispy Chicken Strips (2 pc.)
- French Fries (Kid's)
- Grilled Cheese Sandwich
- Hamburger
- Mini Pancakes (8 pc.)
- Seasoned Curly Fries (Kid's)

	SEMWW	132	350	170
	SMWW	123	380	190
	SMW	77	240	150
	SEMWW	156	510	280
	M	76	70	0
	SMW	98	280	110
		71	220	90
	SMWW	94	330	150
	SMW	111	340	160
	SEMWW	71	140	15
	W	60	200	100

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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109	28	1.5	120	3470	1510	220	13	76	44
80	14	1	80	3260	1430	224	13	78	48
87	20	2.5	105	2700	1340	196	11	75	44
94	27	2.5	130	3660	1460	213	13	79	56
21	2	0	0	810	500	46	4	0	5
24	2	0	0	930	570	53	4	0	5

7	1.5	0	40	350	260	57	2	34	4
18	3.5	0	5	280	55	42	2	12	4
17	9	0	25	260	170	32	1	22	7
38	27	1.5	85	290	700	103	1	89	12
55	38	2	120	410	1020	150	2	130	17
43	28	1.5	85	360	600	95	1	74	12
61	40	2	120	530	870	137	2	107	17
38	27	1.5	85	240	600	97	0	83	11
54	38	2	120	340	870	141	1	121	16
38	27	1.5	85	230	600	78	0	64	11
54	38	2	120	340	870	112	1	92	16

18	6	0	240	840	190	30	1	4	16
21	8	1	35	780	190	32	1	5	16
17	2	0	25	600	170	13	1	0	9
31	5	0	35	940	250	42	2	4	15
0	0	0	0	55	85	17	2	13	0
12	1.5	0	30	790	270	26	1	0	17
10	1	0	0	410	290	30	2	0	2
16	6	0	20	800	130	34	2	3	11
18	5	1	25	570	180	32	1	5	14
1.5	0	0	0	350	0	28	1	6	4
11	1	0	0	440	250	21	2	0	2

### Jack's Deals

Chicken Nuggets (5 pc.)  
 Chicken Nuggets (10 pc.)  
 Chicken Sandwich  
 Chicken Sandwich with Bacon  
 Grilled Cheese Sandwich  
 Jr. Bacon Cheeseburger  
 Jr. Jumbo Jack®  
 Jr. Jumbo Jack® Cheeseburger  
 Jumbo Jack®  
 Jumbo Jack® Cheeseburger  
 Tacos, Regular (2 Tacos)  
 Value French Fries

Allergens	Serving Size (g)	Calories per Serving	Calories from Fat
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SMW	77	240	150
SMW	153	480	300
SEMW	173	510	290
SEMW	169	550	310
SMW	94	330	150
SEMW	129	480	280
SEMW	150	420	230*
SEMW	161	460	260
SEWM	223	520	300
SEMW	245	600	360
SMW	162	340	170
	71	220	90

### Cheeses

American Cheese  
 Provolone Cheese  
 Real Cheddar Cheese  
 Real Swiss Cheese  
 Swiss Style Cheese

SM	11	40	30
M	17	60	40
M	18	70	50
M	18	70	50
SM	11	40	25

### Dipping Sauces

Barbecue Dipping Sauce  
 Buttermilk House Dipping Sauce  
 Franks® Red Hot® Buffalo Dipping Sauce  
 Honey Mustard Dipping Sauce  
 Pancake Syrup  
 Sweet N' Sour Dipping Sauce  
 Teriyaki Dipping Sauce

S	25	40	0
EM	21	110	100
	28	10	5
E	28	60	15
	43	120	0
S	25	40	0
SW	28	50	10

### Sandwich Sauces

Creamy Bacon Mayo (0.68 fl. oz.)  
 Creamy Ranch Sauce (0.61 fl. oz.)  
 Creamy Sriracha Sauce (0.78 fl. oz.)  
 Creamy Tomato Sauce (0.72 fl. oz.)  
 Garlic Herb Butter (0.50 fl. oz.)  
 Ketchup (0.57 fl. oz.)  
 Mayo-Onion Sauce (0.25 fl. oz.)  
 Mustard (0.19 fl. oz.)  
 Tartar Sauce (0.47 fl. oz.) (Seasonal)

E	19	120	120
EM	17	90	90
E	22	120	120
EM	20	110	100
SM	14	90	90
	16	20	0
E	7	45	40
	5	5	0
E	13	50	40

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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17	2	0	25	600	170	13	1	0	9
33	4.5	0	50	1210	340	26	2	0	19
32	5	0	35	900	240	40	2	3	15
35	7	0	45	1170	280	40	2	4	20
16	6	0	20	800	130	34	2	3	11
31	10	1	45	860	220	32	1	5	19
26	7	1	30	560	240	33	2	6	14
29	9	1	40	760	260	33	2	6	16
33	10	1.5	60	580	370	32	2	6	23
40	14	1.5	80	990	400	33	2	6	28
19	6	0.5	25	720	360	33	5	2	12
10	1	0	0	410	290	30	2	0	2

3.5	2	0	10	200	15	0	0	0	2
4.5	2.5	0	15	150	25	0	0	0	4
6	3.5	0	15	110	15	1	0	0	4
6	3.5	0	20	80	20	0	0	0	5
3	2	0	10	140	10	1	0	0	2

0	0	0	0	270	70	10	0	8	0
11	2	0	10	160	15	2	0	0	0
0	0	0	0	730	45	1	1	0	0
2	0	0	0	230	20	10	0	9	0
0	0	0	0	20	0	31	0	21	0
0	0	0	0	140	15	10	0	8	0
1	0	0	0	490	10	11	0	9	1

13	2	0	15	190	20	1	0	0	1
10	1.5	0	10	180	15	1	0	1	0
13	2	0	10	270	10	1	0	1	0
11	2	0	15	200	35	2	0	1	0
10	7	0	25	150	15	0	0	0	0
0	0	0	0	160	0	5	0	3	0
4.5	0.5	0	5	45	0	0	0	0	0
0	0	0	0	65	0	0	0	0	0
4.5	0.5	0	5	120	10	2	0	2	0

**Other**

- Fire Roasted Salsa (1 fl. oz.)
- French's® Mustard (1 packet)
- Grape Jelly (1 packet)
- Grilled Onions (0.71 fl. oz.)
- Hot Taco Sauce (1 packet)
- Ketchup (1 packet)
- Kikkoman® Soy Sauce (1 packet)
- Kraft® Real Mayonnaise (1 packet)
- Pride® Margarine Spread (1 packet)
- Secret Sauce (1 packet)
- Sour Cream (1 packet)
- Strawberry Jam (1 packet)

Allergens	Serving Size (g)	Calories per Serving	Calories from Fat
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	24	10	0
	7	5	0
	14	35	0
SM	20	10	0
	7	0	0
	9	10	0
SW	7	5	0
E	12	90	90
M	5	20	20
E	14	30	15
M	28	60	45
	14	40	0

Serving Size (oz.)	Calories per Serving	Calories from Fat
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Value (16 FL OZ)	150cal	0cal
Small (20 FL OZ)	190cal	0cal
Medium (30 FL OZ)	290cal	0cal
Large (40 FL OZ)	380cal	0cal
Value (16 FL OZ)	150cal	0cal
Small (20 FL OZ)	190cal	0cal
Medium (30 FL OZ)	290cal	0cal
Large (40 FL OZ)	380cal	0cal
Value (16 FL OZ)	180cal	0cal
Small (20 FL OZ)	230cal	0cal
Medium (30 FL OZ)	340cal	0cal
Large (40 FL OZ)	460cal	0cal
Value (16 FL OZ)	180cal	0cal
Small (20 FL OZ)	230cal	0cal
Medium (30 FL OZ)	350cal	0cal
Large (40 FL OZ)	460cal	0cal

**BEVERAGES**

- Barq's Orange Creme Soda for Freestyle
- Barq's Orange Creme Soda for Freestyle
- Barq's Orange Creme Soda for Freestyle
- Barq's Orange Creme Soda for Freestyle
- Barq's Peach Creme Soda for Freestyle
- Barq's Peach Creme Soda for Freestyle
- Barq's Peach Creme Soda for Freestyle
- Barq's Peach Creme Soda for Freestyle
- Barq's Root Beer Freestyle
- Barq's Root Beer Freestyle
- Barq's Root Beer Freestyle
- Barq's Root Beer Freestyle
- Barq's Root Beer Vanilla Freestyle
- Barq's Root Beer Vanilla Freestyle
- Barq's Root Beer Vanilla Freestyle
- Barq's Root Beer Vanilla Freestyle

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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0	0	0	0	120	10	2	0	1	0
0	0	0	0	80	0	0	0	0	0
0	0	0	0	0	0	9	0	6	0
0	0	0	0	0	25	2	0	1	0
0	0	0	0	60	15	0	0	0	0
0	0	0	0	85	0	3	0	2	0
0	0	0	0	370	30	0	0	0	1
10	1.5	0	5	65	0	0	0	0	0
2.5	0.5	0	0	45	0	0	0	0	0
2	0	0	0	90	40	3	0	2	0
5	3	0	15	25	35	2	1	1	1
0	0	0	0	0	0	10	0	9	0

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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0g	0g	0g	0mg	40mg	0mg	41g	0g	40g	0g
0g	0g	0g	0mg	50mg	0mg	51g	0g	50g	0g
0g	0g	0g	0mg	75mg	0mg	76g	0g	75g	0g
0g	0g	0g	0mg	100mg	0mg	102g	0g	100g	0g
0g	0g	0g	0mg	40mg	0mg	41g	0g	40g	0g
0g	0g	0g	0mg	50mg	0mg	51g	0g	50g	0g
0g	0g	0g	0mg	75mg	0mg	76g	0g	75g	0g
0g	0g	0g	0mg	100mg	0mg	102g	0g	100g	0g
0g	0g	0g	0mg	40mg	10mg	50g	0g	50g	0g
0g	0g	0g	0mg	50mg	15mg	62g	0g	62g	0g
0g	0g	0g	0mg	80mg	25mg	94g	0g	93g	0g
0g	0g	0g	0mg	105mg	30mg	125g	0g	124g	0g
0g	0g	0g	0mg	40mg	10mg	50g	0g	50g	0g
0g	0g	0g	0mg	50mg	15mg	62g	0g	62g	0g
0g	0g	0g	0mg	80mg	25mg	94g	0g	93g	0g
0g	0g	0g	0mg	105mg	30mg	125g	0g	124g	0g

Serving Size (oz.)	Calories per Serving	Calories from Fat
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- Barq's Strawberry Creme Soda for Freestyle
- Barq's Strawberry Creme Soda for Freestyle
- Barq's Strawberry Creme Soda for Freestyle
- Barq's Strawberry Creme Soda for Freestyle
- Barq's Vanilla Cream Soda for Freestyle
- Barq's Vanilla Cream Soda for Freestyle
- Barq's Vanilla Cream Soda for Freestyle
- Barq's Vanilla Cream Soda for Freestyle
- Barq's Vanilla Cream Soda for Freestyle
- Barq's Diet Root Beer Freestyle
- Barq's Diet Root Beer Freestyle
- Barq's Diet Root Beer Freestyle
- Barq's Diet Root Beer Vanilla Freestyle
- Barq's Diet Root Beer Vanilla Freestyle
- Barq's Diet Root Beer Vanilla Freestyle
- Barq's Diet Root Beer Vanilla Freestyle
- Barq's Diet Orange Creme Soda for Freestyle
- Barq's Diet Orange Creme Soda for Freestyle
- Barq's Diet Orange Creme Soda for Freestyle
- Barq's Diet Orange Creme Soda for Freestyle
- Barq's Diet Peach Creme Soda for Freestyle
- Barq's Diet Peach Creme Soda for Freestyle
- Barq's Diet Peach Creme Soda for Freestyle
- Barq's Diet Strawberry Creme Soda for Freestyle
- Barq's Diet Strawberry Creme Soda for Freestyle
- Barq's Diet Strawberry Creme Soda for Freestyle
- Barq's Diet Strawberry Creme Soda for Freestyle
- Barq's Diet Vanilla Creme Soda for Freestyle
- Barq's Diet Vanilla Creme Soda for Freestyle
- Barq's Diet Vanilla Creme Soda for Freestyle
- Caffeine Free Diet Coke Cherry Freestyle
- Caffeine Free Diet Coke Cherry Freestyle
- Caffeine Free Diet Coke Cherry Freestyle
- Caffeine Free Diet Coke Cherry Freestyle
- Caffeine Free Diet Coke Cherry Freestyle
- Caffeine Free Diet Coke Cherry Freestyle

Value (16 FL OZ)	150cal	0cal
Small (20 FL OZ)	190cal	0cal
Medium (30 FL OZ)	290cal	0cal
Large (40 FL OZ)	380cal	0cal
Value (16 FL OZ)	150cal	0cal
Small (20 FL OZ)	190cal	0cal
Medium (30 FL OZ)	290cal	0cal
Large (40 FL OZ)	380cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	0cal	0cal
Large (40 FL OZ)	0cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	0cal	0cal
Large (40 FL OZ)	5cal	0cal
Value (16 FL OZ)	5cal	0cal
Small (20 FL OZ)	5cal	0cal
Medium (30 FL OZ)	10cal	0cal
Large (40 FL OZ)	15cal	0cal
Value (16 FL OZ)	5cal	0cal
Small (20 FL OZ)	5cal	0cal
Medium (30 FL OZ)	10cal	0cal
Large (40 FL OZ)	15cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	5cal	0cal
Medium (30 FL OZ)	10cal	0cal
Large (40 FL OZ)	10cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	5cal	0cal
Large (40 FL OZ)	10cal	0cal
Value (16 FL OZ)	0cal	0cal

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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0g	0g	0g	0mg	40mg	0mg	41g	0g	40g	0g
0g	0g	0g	0mg	50mg	0mg	51g	0g	50g	0g
0g	0g	0g	0mg	75mg	0mg	76g	0g	75g	0g
0g	0g	0g	0mg	100mg	0mg	102g	0g	100g	0g
0g	0g	0g	0mg	40mg	0mg	41g	0g	40g	0g
0g	0g	0g	0mg	50mg	0mg	51g	0g	50g	0g
0g	0g	0g	0mg	75mg	0mg	76g	0g	75g	0g
0g	0g	0g	0mg	100mg	0mg	102g	0g	100g	0g
0g	0g	0g	0mg	45mg	25mg	0g	0g	0g	0g
0g	0g	0g	0mg	55mg	35mg	0g	0g	0g	0g
0g	0g	0g	0mg	80mg	50mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	110mg	65mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	45mg	25mg	0g	0g	0g	0g
0g	0g	0g	0mg	55mg	35mg	0g	0g	0g	0g
0g	0g	0g	0mg	80mg	50mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	110mg	65mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	40mg	10mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	50mg	10mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	80mg	15mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	105mg	20mg	1g	0g	0g	0g
0g	0g	0g	0mg	40mg	10mg	0g	0g	0g	0g
0g	0g	0g	0mg	50mg	10mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	80mg	15mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	105mg	20mg	1g	0g	0g	0g
0g	0g	0g	0mg	40mg	10mg	0g	0g	0g	0g
0g	0g	0g	0mg	50mg	10mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	75mg	15mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	105mg	20mg	1g	0g	0g	0g
0g	0g	0g	0mg	45mg	25mg	0g	0g	0g	0g
0g	0g	0g	0mg	55mg	30mg	0g	0g	0g	0g
0g	0g	0g	0mg	80mg	45mg	0g	0g	0g	0g
0g	0g	0g	0mg	105mg	60mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	40mg	25mg	0g	0g	0g	0g





Serving Size (oz.)	Calories per Serving	Calories from Fat
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- Coca Cola Zero Sugar Lemon Freestyle
- Coca Cola Zero Sugar Lemon Freestyle
- Coca Cola Zero Sugar Vanilla Freestyle
- Coca Cola Zero Sugar Vanilla Freestyle
- Coca Cola Zero Sugar Vanilla Freestyle
- Coca Cola Zero Sugar Vanilla Freestyle
- Coca-Cola Cherry Freestyle
- Coca-Cola Cherry Freestyle
- Coca-Cola Cherry Freestyle
- Coca-Cola Cherry Freestyle
- Coca-Cola Cherry Vanilla Freestyle
- Coca-Cola Cherry Vanilla Freestyle
- Coca-Cola Cherry Vanilla Freestyle
- Coca-Cola Cherry Vanilla Freestyle
- Coca-Cola Cherry Vanilla Freestyle
- Coca-Cola Freestyle
- Coca-Cola Freestyle
- Coca-Cola Freestyle
- Coca-Cola Freestyle
- Coca-Cola Lemon Freestyle
- Coca-Cola Lemon Freestyle
- Coca-Cola Lemon Freestyle
- Coca-Cola Lemon Freestyle
- Coca-Cola Lemon Freestyle
- Coca-Cola Lime Freestyle
- Coca-Cola Lime Freestyle
- Coca-Cola Lime Freestyle
- Coca-Cola Lime Freestyle
- Coca-Cola Lime Freestyle
- Coca-Cola Orange Freestyle
- Coca-Cola Orange Freestyle
- Coca-Cola Orange Freestyle
- Coca-Cola Orange Freestyle
- Coca-Cola Orange Freestyle
- Coca-Cola Orange Freestyle
- Coca-Cola Raspberry Freestyle
- Coca-Cola Raspberry Freestyle
- Coca-Cola Raspberry Freestyle
- Coca-Cola Raspberry Freestyle
- Coca-Cola Raspberry Freestyle
- Coca-Cola Vanilla Freestyle
- Coca-Cola Vanilla Freestyle
- Coca-Cola Vanilla Freestyle

Medium (30 FL OZ)	0cal	0cal
Large (40 FLOZ)	0cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	5cal	0cal
Large (40 FL OZ)	10cal	0cal
Value (16 FL OZ)	170cal	0cal
Small (20 FL OZ)	220cal	0cal
Medium (30 FL OZ)	320cal	0cal
Large (40 FL OZ)	430cal	0cal
Value (16 FL OZ)	170cal	0cal
Small (20 FL OZ)	220cal	0cal
Medium (30 FL OZ)	320cal	0cal
Large (40 FLOZ)	430cal	0cal
Value (16 FL OZ)	170cal	0cal
Small (20 FL OZ)	220cal	0cal
Medium (30 FL OZ)	320cal	0cal
Large (40 FLOZ)	430cal	0cal
Value (16 FL OZ)	170cal	0cal
Small (20 FL OZ)	210cal	0cal
Medium (30 FL OZ)	320cal	0cal
Large (40 FL OZ)	430cal	0cal
Value (16 FL OZ)	170cal	0cal
Small (20 FL OZ)	210cal	0cal
Medium (30 FL OZ)	320cal	0cal
Large (40 FL OZ)	430cal	0cal
Value (16 FL OZ)	170cal	0cal
Small (20 FL OZ)	210cal	0cal
Medium (30 FL OZ)	320cal	0cal
Large (40 FL OZ)	430cal	0cal
Value (16 FL OZ)	170cal	0cal
Small (20 FL OZ)	220cal	0cal
Medium (30 FL OZ)	320cal	0cal

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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0g	0g	0g	0mg	80mg	80mg	0g	0g	0g	0g
0g	0g	0g	0mg	105mg	110mg	0g	0g	0g	0g
0g	0g	0g	0mg	40mg	45mg	0g	0g	0g	0g
0g	0g	0g	0mg	55mg	55mg	0g	0g	0g	0g
0g	0g	0g	0mg	80mg	80mg	0g	0g	0g	0g
0g	0g	0g	0mg	105mg	110mg	0g	0g	0g	0g
0g	0g	0g	0mg	40mg	35mg	46g	0g	46g	0g
0g	0g	0g	0mg	50mg	40mg	58g	0g	58g	0g
0g	0g	0g	0mg	75mg	65mg	87g	0g	87g	0g
0g	0g	0g	0mg	100mg	85mg	116g	0g	116g	0g
0g	0g	0g	0mg	40mg	35mg	46g	0g	46g	0g
0g	0g	0g	0mg	50mg	40mg	58g	0g	58g	0g
0g	0g	0g	0mg	75mg	65mg	87g	0g	87g	0g
0g	0g	0g	0mg	100mg	85mg	116g	0g	116g	0g
0g	0g	0g	0mg	40mg	10mg	44g	0g	44g	0g
0g	0g	0g	0mg	50mg	10mg	55g	0g	55g	0g
0g	0g	0g	0mg	75mg	15mg	83g	0g	83g	0g
0g	0g	0g	0mg	100mg	20mg	110g	0g	110g	0g
0g	0g	0g	0mg	40mg	35mg	46g	0g	46g	0g
0g	0g	0g	0mg	50mg	40mg	58g	0g	58g	0g
0g	0g	0g	0mg	75mg	65mg	87g	0g	87g	0g
0g	0g	0g	0mg	100mg	85mg	116g	0g	116g	0g
0g	0g	0g	0mg	40mg	35mg	46g	0g	46g	0g
0g	0g	0g	0mg	50mg	40mg	58g	0g	58g	0g
0g	0g	0g	0mg	75mg	65mg	87g	0g	87g	0g
0g	0g	0g	0mg	100mg	85mg	116g	0g	116g	0g
0g	0g	0g	0mg	40mg	35mg	46g	0g	46g	0g
0g	0g	0g	0mg	50mg	40mg	58g	0g	58g	0g
0g	0g	0g	0mg	75mg	65mg	87g	0g	87g	0g
0g	0g	0g	0mg	100mg	85mg	116g	0g	116g	0g
0g	0g	0g	0mg	50mg	40mg	58g	0g	58g	0g
0g	0g	0g	0mg	75mg	65mg	87g	0g	87g	0g
0g	0g	0g	0mg	100mg	85mg	116g	0g	116g	0g
0g	0g	0g	0mg	40mg	35mg	46g	0g	46g	0g
0g	0g	0g	0mg	50mg	40mg	58g	0g	58g	0g
0g	0g	0g	0mg	75mg	65mg	87g	0g	87g	0g
0g	0g	0g	0mg	100mg	85mg	116g	0g	116g	0g
0g	0g	0g	0mg	40mg	35mg	46g	0g	46g	0g
0g	0g	0g	0mg	50mg	40mg	58g	0g	58g	0g
0g	0g	0g	0mg	75mg	65mg	87g	0g	87g	0g

Serving Size (oz.)	Calories per Serving	Calories from Fat
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- Coca-Cola Vanilla Freestyle
- Coca-Cola Zero Sugar Freestyle
- Coca-Cola Zero Sugar Freestyle
- Coca-Cola Zero Sugar Freestyle
- Coca-Cola Zero Sugar Freestyle
- Coca-Cola Zero Sugar Orange Freestyle
- Coca-Cola Zero Sugar Orange Freestyle
- Coca-Cola Zero Sugar Orange Freestyle
- Coca-Cola Zero Sugar Orange Freestyle
- Coca-Cola Zero Sugar Orange Vanilla Freestyle
- Coca-Cola Zero Sugar Orange Vanilla Freestyle
- Coca-Cola Zero Sugar Orange Vanilla Freestyle
- Coca-Cola Zero Sugar Orange Vanilla Freestyle
- Dasani Cherry Freestyle
- Dasani Cherry Freestyle
- Dasani Cherry Freestyle
- Dasani Cherry Freestyle
- Dasani Grape Freestyle
- Dasani Grape Freestyle
- Dasani Grape Freestyle
- Dasani Lemon Freestyle
- Dasani Lemon Freestyle
- Dasani Lemon Freestyle
- Dasani Lemon Freestyle
- Dasani Lime Freestyle
- Dasani Lime Freestyle
- Dasani Lime Freestyle
- Dasani Lime Freestyle
- Dasani Orange Freestyle
- Dasani Orange Freestyle
- Dasani Orange Freestyle
- Dasani Orange Freestyle
- Dasani Peach Freestyle
- Dasani Peach Freestyle
- Dasani Peach Freestyle
- Dasani Peach Freestyle

Large (40 FL OZ)	430cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	0cal	0cal
Large (40 FL OZ)	0cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	0cal	0cal
Large (40 FL OZ)	0cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	5cal	0cal
Medium (30 FL OZ)	10cal	0cal
Large (40 FL OZ)	10cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	0cal	0cal
Large (40 FL OZ)	0cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	0cal	0cal
Large (40 FL OZ)	0cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	0cal	0cal
Large (40 FL OZ)	5cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	0cal	0cal
Large (40 FL OZ)	0cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	0cal	0cal
Large (40 FL OZ)	0cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	5cal	0cal
Large (40 FL OZ)	10cal	0cal

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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0g	0g	0g	0mg	100mg	85mg	116g	0g	116g	0g
0g	0g	0g	0mg	40mg	45mg	0g	0g	0g	0g
0g	0g	0g	0mg	55mg	55mg	0g	0g	0g	0g
0g	0g	0g	0mg	80mg	80mg	0g	0g	0g	0g
0g	0g	0g	0mg	105mg	110mg	0g	0g	0g	0g
0g	0g	0g	0mg	45mg	45mg	0g	0g	0g	0g
0g	0g	0g	0mg	55mg	55mg	0g	0g	0g	0g
0g	0g	0g	0mg	80mg	80mg	0g	0g	0g	0g
0g	0g	0g	0mg	110mg	110mg	0g	0g	0g	0g
0g	0g	0g	0mg	70mg	45mg	0g	0g	0g	0g
0g	0g	0g	0mg	85mg	55mg	0g	0g	0g	0g
0g	0g	0g	0mg	125mg	80mg	0g	0g	0g	0g
0g	0g	0g	0mg	170mg	110mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	40mg	5mg	5g	0g	0g	0g
0g	0g	0g	0mg	50mg	10mg	7g	0g	0g	0g
0g	0g	0g	0mg	75mg	15mg	10g	0g	0g	0g
0g	0g	0g	0mg	100mg	15mg	13g	0g	0g	0g
0g	0g	0g	0mg	40mg	5mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	50mg	10mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	75mg	15mg	1g	0g	0g	0g
0g	0g	0g	0mg	40mg	5mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	50mg	10mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	75mg	15mg	1g	0g	0g	0g
0g	0g	0g	0mg	100mg	15mg	1g	0g	0g	0g
0g	0g	0g	0mg	40mg	5mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	50mg	10mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	75mg	15mg	1g	0g	0g	0g
0g	0g	0g	0mg	40mg	5mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	50mg	10mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	75mg	15mg	1g	0g	0g	0g
0g	0g	0g	0mg	105mg	15mg	1g	0g	0g	0g

Serving Size (oz.)	Calories per Serving	Calories from Fat
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Dasani Raspberry Freestyle  
 Dasani Raspberry Freestyle  
 Dasani Raspberry Freestyle  
 Dasani Raspberry Freestyle  
 Dasani Sparkling Lemon Lime Freestyle  
 Dasani Sparkling Lemon Lime Freestyle  
 Dasani Sparkling Lemon Lime Freestyle  
 Dasani Sparkling Lemon Lime Freestyle  
 Dasani Sparkling Lemon Lime Freestyle  
 Dasani Sparkling-Freestyle  
 Dasani Sparkling-Freestyle  
 Dasani Sparkling-Freestyle  
 Dasani Strawberry Freestyle  
 Dasani Strawberry Freestyle  
 Dasani Strawberry Freestyle  
 Dasani Strawberry Freestyle  
 Dasani Strawberry Freestyle  
 Diet Coke Cherry Freestyle  
 Diet Coke Cherry Freestyle  
 Diet Coke Cherry Freestyle  
 Diet Coke Cherry Freestyle  
 Diet Coke Cherry Vanilla Freestyle  
 Diet Coke Cherry Vanilla Freestyle  
 Diet Coke Cherry Vanilla Freestyle  
 Diet Coke Cherry Vanilla Freestyle  
 Diet Coke Freestyle  
 Diet Coke Freestyle  
 Diet Coke Freestyle  
 Diet Coke Freestyle  
 Diet Coke Freestyle  
 Diet Coke Ginger Lemon for Freestyle  
 Diet Coke Ginger Lemon for Freestyle  
 Diet Coke Ginger Lemon for Freestyle  
 Diet Coke Ginger Lemon for Freestyle  
 Diet Coke Ginger Lime for Freestyle  
 Diet Coke Ginger Lime for Freestyle  
 Diet Coke Ginger Lime for Freestyle  
 Diet Coke Ginger Lime for Freestyle  
 Diet Coke Lemon Freestyle

Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	5cal	0cal
Large (40 FL OZ)	5cal	0cal
Value (16 FL OZ)	5cal	0cal
Small (20 FL OZ)	5cal	0cal
Medium (30 FL OZ)	10cal	0cal
Large (40 FL OZ)	15cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	0cal	0cal
Large (40 FL OZ)	0cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	5cal	0cal
Large (40 FL OZ)	5cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	5cal	0cal
Large (40 FL OZ)	10cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	0cal	0cal
Large (40 FL OZ)	0cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	0cal	0cal
Large (40 FL OZ)	10cal	0cal
Value (16 FL OZ)	5cal	0cal
Small (20 FL OZ)	5cal	0cal
Medium (30 FL OZ)	10cal	0cal
Large (40 FL OZ)	15cal	0cal
Value (16 FL OZ)	0cal	0cal

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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0g	0g	0g	0mg	40mg	5mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	50mg	10mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	75mg	15mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	100mg	15mg	1g	0g	0g	0g
0g	0g	0g	0mg	40mg	55mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	50mg	65mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	75mg	100mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	100mg	135mg	1g	0g	0g	0g
0g	0g	0g	0mg	40mg	0mg	0g	0g	0g	0g
0g	0g	0g	0mg	50mg	0mg	0g	0g	0g	0g
0g	0g	0g	0mg	75mg	0mg	0g	0g	0g	0g
0g	0g	0g	0mg	100mg	0mg	0g	0g	0g	0g
0g	0g	0g	0mg	40mg	5mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	50mg	10mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	75mg	15mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	100mg	15mg	1g	0g	0g	0g
0g	0g	0g	0mg	45mg	25mg	0g	0g	0g	0g
0g	0g	0g	0mg	55mg	30mg	0g	0g	0g	0g
0g	0g	0g	0mg	80mg	45mg	0g	0g	0g	0g
0g	0g	0g	0mg	105mg	60mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	40mg	25mg	0g	0g	0g	0g
0g	0g	0g	0mg	55mg	30mg	0g	0g	0g	0g
0g	0g	0g	0mg	80mg	45mg	0g	0g	0g	0g
0g	0g	0g	0mg	105mg	60mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	40mg	25mg	0g	0g	0g	0g
0g	0g	0g	0mg	55mg	30mg	0g	0g	0g	0g
0g	0g	0g	0mg	80mg	45mg	0g	0g	0g	0g
0g	0g	0g	0mg	105mg	60mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	40mg	15mg	0g	0g	0g	0g
0g	0g	0g	0mg	50mg	20mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	80mg	30mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	105mg	40mg	1g	0g	0g	0g
0g	0g	0g	0mg	40mg	15mg	0g	0g	0g	0g
0g	0g	0g	0mg	50mg	20mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	80mg	30mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	105mg	40mg	1g	0g	0g	0g
0g	0g	0g	0mg	45mg	25mg	0g	0g	0g	0g

Serving Size (oz.)	Calories per Serving	Calories from Fat
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Diet Coke Lemon Freestyle  
 Diet Coke Lemon Freestyle  
 Diet Coke Lemon Freestyle  
 Diet Coke Lime Freestyle  
 Diet Coke Lime Freestyle  
 Diet Coke Lime Freestyle  
 Diet Coke Lime Freestyle  
 Diet Coke Orange Freestyle  
 Diet Coke Orange Freestyle  
 Diet Coke Orange Freestyle  
 Diet Coke Orange Freestyle  
 Diet Coke Orange Freestyle  
 Diet Coke Raspberry Freestyle  
 Diet Coke Raspberry Freestyle  
 Diet Coke Raspberry Freestyle  
 Diet Coke Raspberry Freestyle  
 Diet Coke Vanilla Freestyle  
 Diet Coke Vanilla Freestyle  
 Diet Coke Vanilla Freestyle  
 Diet Coke Vanilla Freestyle  
 Diet Coke Vanilla Freestyle  
 Diet Dr. Pepper Cherry Vanilla Freestyle  
 Diet Dr. Pepper Cherry Vanilla Freestyle  
 Diet Dr. Pepper Cherry Vanilla Freestyle  
 Diet Dr. Pepper Cherry Vanilla Freestyle  
 Diet Dr. Pepper Cherry Freestyle  
 Diet Dr. Pepper Cherry Freestyle  
 Diet Dr. Pepper Cherry Freestyle  
 Diet Dr. Pepper Cherry Freestyle  
 Diet Dr. Pepper Freestyle  
 Diet Dr. Pepper Freestyle  
 Diet Dr. Pepper Freestyle  
 Diet Dr. Pepper Freestyle  
 Diet Strawberry Dr. Pepper Freestyle  
 Diet Strawberry Dr. Pepper Freestyle  
 Diet Strawberry Dr. Pepper Freestyle  
 Diet Strawberry Dr. Pepper Freestyle  
 Dr. Pepper Cherry Vanilla Freestyle  
 Dr. Pepper Cherry Vanilla Freestyle

Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	0cal	0cal
Large (40 FL OZ)	0cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	5cal	0cal
Large (40 FL OZ)	10cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	0cal	0cal
Large (40 FL OZ)	0cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	5cal	0cal
Large (40 FL OZ)	10cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	10cal	0cal
Large (40 FL OZ)	10cal	0cal
Value (16 FL OZ)	5cal	0cal
Small (20 FL OZ)	10cal	0cal
Medium (30 FL OZ)	15cal	0cal
Large (40 FL OZ)	20cal	0cal
Value (16 FL OZ)	5cal	0cal
Small (20 FL OZ)	5cal	0cal
Medium (30 FL OZ)	10cal	0cal
Large (40 FL OZ)	10cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	5cal	0cal
Large (40 FL OZ)	10cal	0cal
Value (16 FL OZ)	5cal	0cal
Small (20 FL OZ)	10cal	0cal
Medium (30 FL OZ)	10cal	0cal
Large (40 FL OZ)	15cal	0cal
Value (16 FL OZ)	160cal	0cal
Small (20 FL OZ)	200cal	0cal

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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0g	0g	0g	0mg	55mg	30mg	0g	0g	0g	0g
0g	0g	0g	0mg	80mg	45mg	0g	0g	0g	0g
0g	0g	0g	0mg	105mg	60mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	40mg	25mg	0g	0g	0g	0g
0g	0g	0g	0mg	55mg	30mg	0g	0g	0g	0g
0g	0g	0g	0mg	80mg	45mg	0g	0g	0g	0g
0g	0g	0g	0mg	105mg	60mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	45mg	25mg	0g	0g	0g	0g
0g	0g	0g	0mg	55mg	30mg	0g	0g	0g	0g
0g	0g	0g	0mg	80mg	45mg	0g	0g	0g	0g
0g	0g	0g	0mg	105mg	60mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	40mg	25mg	0g	0g	0g	0g
0g	0g	0g	0mg	55mg	30mg	0g	0g	0g	0g
0g	0g	0g	0mg	80mg	45mg	0g	0g	0g	0g
0g	0g	0g	0mg	105mg	60mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	40mg	25mg	0g	0g	0g	0g
0g	0g	0g	0mg	55mg	30mg	0g	0g	0g	0g
0g	0g	0g	0mg	80mg	45mg	0g	0g	0g	0g
0g	0g	0g	0mg	105mg	60mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	45mg	10mg	0g	0g	0g	0g
0g	0g	0g	0mg	55mg	15mg	0g	0g	0g	0g
0g	0g	0g	0mg	85mg	20mg	0g	0g	0g	0g
0g	0g	0g	0mg	110mg	30mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	45mg	10mg	0g	0g	0g	0g
0g	0g	0g	0mg	55mg	15mg	0g	0g	0g	0g
0g	0g	0g	0mg	85mg	20mg	0g	0g	0g	0g
0g	0g	0g	0mg	110mg	30mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	110mg	30mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	40mg	0mg	43g	0g	43g	0g
0g	0g	0g	0mg	55mg	0mg	54g	0g	53g	0g

Serving Size (oz.)	Calories per Serving	Calories from Fat
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Dr. Pepper Cherry Vanilla Freestyle  
 Dr. Pepper Cherry Vanilla Freestyle  
 Dr. Pepper Cherry Freestyle  
 Dr. Pepper Cherry Freestyle  
 Dr. Pepper Cherry Freestyle  
 Dr. Pepper Strawberry Freestyle  
 Dr. Pepper Strawberry Freestyle  
 Dr. Pepper Strawberry Freestyle  
 Dr. Pepper Strawberry Freestyle  
 Dr. Pepper Freestyle  
 Dr. Pepper Freestyle  
 Dr. Pepper Freestyle  
 Dr. Pepper Freestyle  
 Fanta Cherry Freestyle  
 Fanta Grape, Lime, Orange, Peach, Raspberry,  
 Orange Vanilla Freestyle  
 Fanta Fruit Punch, Strawberry, Cherry Vanilla,  
 Raspberry Vanilla Freestyle  
 Fanta Cherry Freestyle  
 Fanta Fruit Punch, Grape, Lime, Peach, Raspberry,  
 Strawberry, Cherry Vanilla, Raspberry Vanilla Freestyle  
 Fanta Orange Freestyle  
 Fanta Orange Vanilla Freestyle  
 Fanta Cherry Freestyle  
 Fanta Fruit Punch, Grape, Lime, Peach, Raspberry,  
 Strawberry, Cherry Vanilla, Raspberry Vanilla Freestyle  
 Fanta Orange, Orange Vanilla Freestyle  
 Fanta Cherry Freestyle  
 Fanta Fruit Punch, Grape, Peach, Raspberry, Strawberry,  
 Cherry Vanilla, Raspberry Vanilla Freestyle  
 Fanta Lime, Orange, Orange Vanilla Freestyle  
 Fanta Zero Cherry, Lime, Raspberry Freestyle  
 Fanta Zero Fruit Punch Freestyle  
 Fanta Zero Grape, Peach, Strawberry Freestyle  
 Fanta Zero Orange Freestyle  
 Fanta Zero Cherry, Orange Freestyle

Medium (30 FL OZ)	310cal	0cal
Large (40 FL OZ)	410cal	0cal
Value (16 FL OZ)	160cal	0cal
Small (20 FL OZ)	200cal	0cal
Medium (30 FL OZ)	300cal	0cal
Large (40 FL OZ)	400cal	0cal
Value (16 FL OZ)	160cal	0cal
Small (20 FL OZ)	200cal	0cal
Medium (30 FL OZ)	310cal	0cal
Large (40 FL OZ)	410cal	0cal
Value (16 FL OZ)	160cal	0cal
Small (20 FL OZ)	200cal	0cal
Medium (30 FL OZ)	300cal	0cal
Large (40 FL OZ)	400cal	0cal
Value (16 FL OZ)	170cal	0cal
Value (16 FL OZ)	180cal	0cal
Small (20 FL OZ)	220cal	0cal
Small (20 FL OZ)	220cal	0cal
Small (20 FL OZ)	210cal	0cal
Small (20 FL OZ)	220cal	0cal
Medium (30 FL OZ)	330cal	0cal
Medium (30 FL OZ)	330cal	0cal
Medium (30 FL OZ)	320cal	0cal
Large (40 FL OZ)	430cal	0cal
Large (40 FL OZ)	440cal	0cal
Large (40 FL OZ)	430cal	0cal
Value (16 FL OZ)	0cal	0cal
Value (16 FL OZ)	10cal	0cal
Value (16 FL OZ)	5cal	0cal
Value (16 OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal

Total Fat (g)	Saturated Fat(g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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0g	0g	0g	0mg	80mg	0mg	81g	0g	80g	0g
0g	0g	0g	0mg	105mg	0mg	107g	0g	107g	0g
0g	0g	0g	0mg	40mg	0mg	43g	0g	43g	0g
0g	0g	0g	0mg	55mg	0mg	54g	0g	53g	0g
0g	0g	0g	0mg	80mg	0mg	81g	0g	80g	0g
0g	0g	0g	0mg	105mg	0mg	107g	0g	107g	0g
0g	0g	0g	0mg	40mg	0mg	43g	0g	43g	0g
0g	0g	0g	0mg	55mg	0mg	54g	0g	53g	0g
0g	0g	0g	0mg	80mg	0mg	81g	0g	80g	0g
0g	0g	0g	0mg	105mg	0mg	107g	0g	107g	0g
0g	0g	0g	0mg	40mg	0mg	43g	0g	43g	0g
0g	0g	0g	0mg	55mg	0mg	54g	0g	53g	0g
0g	0g	0g	0mg	80mg	0mg	81g	0g	80g	0g
0g	0g	0g	0mg	105mg	0mg	107g	0g	107g	0g
0g	0g	0g	0mg	0mg	0mg	47g	0g	46g	0g
0g	0g	0g	0mg	40mg	0mg	47g	0g	46g	0g
0g	0g	0g	0mg	0mg	0mg	58g	0g	58g	0g
0g	0g	0g	0mg	50mg	0mg	58g	0g	58g	0g
0g	0g	0g	0mg	50mg	0mg	59g	0g	58g	0g
0g	0g	0g	0mg	50mg	0mg	59g	0g	58g	0g
0g	0g	0g	0mg	0mg	0mg	88g	0g	87g	0g
0g	0g	0g	0mg	75mg	0mg	88g	0g	87g	0g
0g	0g	0g	0mg	75mg	0mg	88g	0g	87g	0g
0g	0g	0g	0mg	0mg	0mg	117g	0g	116g	0g
0g	0g	0g	0mg	100mg	0mg	117g	0g	116g	0g
0g	0g	0g	0mg	100mg	0mg	117g	0g	116g	0g
0g	0g	0g	0mg	45mg	15mg	0g	0g	0g	0g
0g	0g	0g	0mg	45mg	15mg	0g	0g	0g	0g
0g	0g	0g	0mg	45mg	15mg	0g	0g	0g	0g
0g	0g	0g	0mg	45mg	15mg	0g	0g	0g	0g
0g	0g	0g	0mg	45mg	15mg	<1g	0g	0g	0g
0g	0g	0g	0mg	55mg	20mg	<1g	0g	0g	0g

Serving Size (oz.)	Calories per Serving	Calories from Fat
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Fanta Zero Fruit Punch, Strawberry Freestyle  
 Fanta Zero Grape, Lime, Peach, Raspberry Freestyle  
 Fanta Zero Cherry Freestyle  
 Fanta Zero Fruit Punch, Strawberry Freestyle  
 Fanta Zero Grape, Lime, Peach, Raspberry Freestyle  
 Fanta Zero Orange Freestyle  
 Fanta Zero Cherry, Lime, Raspberry Freestyle  
 Fanta Zero Fruit Punch, Strawberry Freestyle  
 Fanta Zero Grape Freestyle  
 Fanta Zero Peach Freestyle  
 Fanta Zero Orange Freestyle  
 Hi-C Cherry, Fruit Punch Freestyle  
 Hi-C Grape, Orange, Orange Vanilla, Raspberry, Raspberry Lime, Strawberry Freestyle  
 Hi-C Cherry Vanilla, Raspberry Vanilla Freestyle  
 Hi-C Cherry Freestyle  
 Hi-C Fruit Punch, Grape, Raspberry, Raspberry Lime, Strawberry Freestyle  
 Hi-C Orange, Orange Vanilla Freestyle  
 Hi-C Cherry Vanilla, Raspberry Vanilla Freestyle  
 Hi-C Cherry Freestyle  
 Hi-C Fruit Punch Freestyle  
 Hi-C Grape, Raspberry, Raspberry Lime, Strawberry Freestyle  
 Hi-C Orange Freestyle  
 Hi-C Orange Vanilla Freestyle  
 Hi-C Cherry Vanilla, Raspberry Vanilla Freestyle  
 Hi-C Cherry Freestyle  
 Hi-C Fruit Punch Freestyle  
 Hi-C Grape, Orange Vanilla, Raspberry, Raspberry Lime, Strawberry, Cherry Vanilla, Raspberry Vanilla Freestyle  
 Hi-C Orange Freestyle  
 Jack In The Box Jumpsin' Jack Splash  
 Jack In The Box Jumpsin' Jack Splash  
 Jack In The Box Jumpsin' Jack Splash  
 Jack In The Box Jumpsin' Jack Splash  
 Jack In The Box Diet Jumpsin Jack Splash  
 Jack In The Box Diet Jumpsin Jack Splash

Small (20 FL OZ)	10cal	0cal
Small (20 FL OZ)	5cal	0cal
Medium (30 FL OZ)	5cal	0cal
Medium (30 FL OZ)	15cal	0cal
Medium (30 FL OZ)	10cal	0cal
Medium (30 FL OZ)	0cal	0cal
Large (40 FL OZ)	10cal	0cal
Large (40 FL OZ)	20cal	0cal
Large (40 FL OZ)	20cal	0cal
Large (40 FL OZ)	15cal	0cal
Large (40 FL OZ)	5cal	0cal
Value (16 FL OZ)	190cal	0cal
Value (16 FL OZ)	180cal	0cal
Value (16 FL OZ)	180cal	0cal
Small (20 FL OZ)	240cal	0cal
Small (20 FL OZ)	230cal	0cal
Small (20 FL OZ)	220cal	0cal
Small (20 FL OZ)	230cal	0cal
Medium (30 FL OZ)	360cal	0cal
Medium (30 FL OZ)	350cal	0cal
Medium (30 FL OZ)	340cal	0cal
Medium (30 FL OZ)	330cal	0cal
Medium (30 FL OZ)	330cal	0cal
Medium (30 FL OZ)	340cal	0cal
Large (40 FL OZ)	490cal	0cal
Large (40 FL OZ)	470cal	0cal
Large (40 FL OZ)	450cal	0cal
Large (40 FL OZ)	440cal	0cal
Value (16 FL OZ)	170cal	0cal
Small (20 FL OZ)	220cal	0cal
Medium (30 FL OZ)	320cal	0cal
Large (40 FL OZ)	430cal	0cal
Value (16 FL OZ)	15cal	0cal
Small (20 FL OZ)	15cal	0cal

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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0g	0g	0g	0mg	55mg	20mg	<1g	0g	0g	0g
0g	0g	0g	0mg	55mg	20mg	<1g	0g	0g	0g
0g	0g	0g	0mg	80mg	25mg	<1g	0g	0g	0g
0g	0g	0g	0mg	80mg	25mg	<1g	0g	0g	0g
0g	0g	0g	0mg	80mg	25mg	<1g	0g	0g	0g
0g	0g	0g	0mg	80mg	25mg	<1g	0g	0g	0g
0g	0g	0g	0mg	105mg	35mg	1g	0g	0g	0g
0g	0g	0g	0mg	105mg	35mg	1g	0g	0g	0g
0g	0g	0g	0mg	105mg	35mg	1g	0g	0g	0g
0g	0g	0g	0mg	110mg	35mg	1g	0g	0g	0g
0g	0g	0g	0mg	110mg	35mg	1g	0g	0g	0g
0g	0g	0g	0mg	40mg	50mg	48g	0g	46g	0g
0g	0g	0g	0mg	40mg	50mg	48g	0g	46g	0g
0g	0g	0g	0mg	40mg	45mg	47g	0g	46g	0g
0g	0g	0g	0mg	50mg	60mg	60g	0g	58g	0g
0g	0g	0g	0mg	50mg	60mg	60g	0g	58g	0g
0g	0g	0g	0mg	50mg	60mg	60g	0g	58g	0g
0g	0g	0g	0mg	50mg	60mg	60g	0g	58g	0g
0g	0g	0g	0mg	75mg	90mg	89g	0g	87g	0g
0g	0g	0g	0mg	75mg	90mg	89g	0g	87g	0g
0g	0g	0g	0mg	75mg	90mg	89g	0g	87g	0g
0g	0g	0g	0mg	75mg	90mg	89g	0g	87g	0g
0g	0g	0g	0mg	75mg	90mg	89g	0g	86g	0g
0g	0g	0g	0mg	100mg	120mg	119g	0g	115g	0g
0g	0g	0g	0mg	100mg	120mg	119g	0g	115g	0g
0g	0g	0g	0mg	100mg	120mg	119g	0g	115g	0g
0g	0g	0g	0mg	100mg	120mg	119g	0g	115g	0g
0g	0g	0g	0mg	70mg	0mg	46g	0g	44g	0g
0g	0g	0g	0mg	90mg	0mg	58g	0g	55g	0g
0g	0g	0g	0mg	135mg	0mg	87g	0g	83g	0g
0g	0g	0g	0mg	180mg	0mg	116g	0g	110g	0g
0g	0g	0g	0mg	80mg	15mg	2g	0g	0g	0g
0g	0g	0g	0mg	100mg	20mg	3g	0g	0g	0g





Serving Size (oz.)	Calories per Serving	Calories from Fat
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Mello Yello Zero Cherry Freestyle  
Mello Yello Zero Citrus Twist Freestyle  
Mello Yello Zero Citrus Twist Freestyle  
Mello Yello Zero Citrus Twist Freestyle  
Mello Yello Zero Citrus Twist Freestyle  
Mello Yello Zero Freestyle  
Mello Yello Zero Freestyle  
Mello Yello Zero Limeade Freestyle  
Mello Yello Zero Limeade Freestyle  
Mello Yello Zero Limeade Freestyle  
Mello Yello Zero Limeade Freestyle  
Mello Yello Zero Limeade Freestyle  
Mello Yello Zero Orange Freestyle  
Mello Yello Zero Orange Freestyle  
Mello Yello Zero Orange Freestyle  
Mello Yello Zero Orange Freestyle  
Mello Yello Zero Peach Freestyle  
Mello Yello Zero Peach Freestyle  
Mello Yello Zero Peach Freestyle  
Mello Yello Zero Raspberry Peach Freestyle  
Mello Yello Zero Raspberry Peach Freestyle  
Mello Yello Zero Raspberry Peach Freestyle  
Mello Yello Zero Raspberry Peach Freestyle  
Mello Yello Zero Strawberry Orange Freestyle  
Mello Yello Zero Strawberry Orange Freestyle  
Mello Yello Zero Strawberry Orange Freestyle  
Mello Yello Zero Strawberry Orange Freestyle  
Minute Maid Drinks Limeade, Cherry Limeade, Grape, Peach Freestyle  
Minute Maid Orange Freestyle  
Minute Maid Fruit Punch, Mixed Berry Freestyle  
Minute Maid Lemonade, Lemonade Lime, Lemonade Orange, Lemonade Peach, Lemonade Raspberry, Lemonade Strawberry Freestyle  
Minute Maid Pink Lemonade Freestyle

Large (40 FL OZ)	10cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	5cal	0cal
Medium (30 FL OZ)	10cal	0cal
Large (40 FL OZ)	10cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	0cal	0cal
Large (40 FL OZ)	5cal	0cal
Value (16 FL OZ)	5cal	0cal
Small (20 FL OZ)	10cal	0cal
Medium (30 FL OZ)	10cal	0cal
Large (40 FL OZ)	15cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	0cal	0cal
Large (40 FL OZ)	5cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	10cal	0cal
Large (40 FL OZ)	15cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	5cal	0cal
Medium (30 FL OZ)	10cal	0cal
Large (40 FL OZ)	10cal	0cal
Value (16 FL OZ)	210cal	0cal
Value (16 FL OZ)	210cal	0cal
Value (16 FL OZ)	220cal	0cal
Value (16 FL OZ)	180cal	0cal
Value (16 FL OZ)	220cal	0cal

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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0g	0g	0g	0mg	110mg	100mg	2g	0g	0g	0g
0g	0g	0g	0mg	45mg	40mg	2g	0g	0g	0g
0g	0g	0g	0mg	55mg	50mg	2g	0g	0g	0g
0g	0g	0g	0mg	85mg	75mg	3g	0g	0g	0g
0g	0g	0g	0mg	110mg	105mg	5g	0g	0g	0g
0g	0g	0g	0mg	45mg	40mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	55mg	50mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	85mg	75mg	1g	0g	0g	0g
0g	0g	0g	0mg	110mg	100mg	2g	0g	0g	0g
0g	0g	0g	0mg	45mg	40mg	2g	0g	0g	0g
0g	0g	0g	0mg	55mg	50mg	2g	0g	0g	0g
0g	0g	0g	0mg	85mg	75mg	3g	0g	0g	0g
0g	0g	0g	0mg	110mg	105mg	5g	0g	0g	0g
0g	0g	0g	0mg	45mg	40mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	55mg	50mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	85mg	75mg	1g	0g	0g	0g
0g	0g	0g	0mg	110mg	100mg	2g	0g	0g	0g
0g	0g	0g	0mg	45mg	40mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	55mg	50mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	85mg	75mg	1g	0g	0g	0g
0g	0g	0g	0mg	110mg	100mg	2g	0g	0g	0g
0g	0g	0g	0mg	45mg	40mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	55mg	50mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	85mg	75mg	1g	0g	0g	0g
0g	0g	0g	0mg	110mg	100mg	2g	0g	0g	0g
0g	0g	0g	0mg	75mg	0mg	57g	0g	55g	0g
0g	0g	0g	0mg	80mg	0mg	57g	0g	55g	0g
0g	0g	0g	0mg	75mg	0mg	57g	0g	55g	0g
0g	0g	0g	0mg	75mg	0mg	49g	0g	46g	0g
0g	0g	0g	0mg	75mg	0mg	59g	0g	56g	0g

Serving Size (oz.)	Calories per Serving	Calories from Fat
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Minute Maid Drinks Limeade, Cherry Limeade, Fruit Punch, Mixed Berry, Grape Freestyle  
Minute Maid Orange, Peach Freestyle  
Minute Maid Lemonade, Lemonade Orange Freestyle  
Minute Maid Lemonade Lime, Lemonade Peach, Lemonade Raspberry, Lemonade Strawberry Freestyle  
Minute Maid Pink Lemonade Freestyle  
Minute Maid Drinks Limeade, Cherry Limeade, Grape, Peach Freestyle  
Minute Maid Fruit Punch, Mixed Berry Freestyle  
Minute Maid Lemonade, Lemonade Orange Freestyle  
Minute Maid Lemonade Lime, Lemonade Raspberry, Lemonade Strawberry Freestyle  
Minute Maide Orange Freestyle  
Minute Maide Lemonade Peach Freestyle  
Minute Maid Pink Lemonade Freestyle  
Minute Maide Drinks Limeade, Cherry Limeade, Mixed Berry Freestyle  
Minute Maid Fruit Punch Freestyle  
Minute Maide Grape, Peach Freestyle  
Minute Maide Lemonade, Lemonade Lime, Lemonade Orange, Lemonade Peach, Lemonade Raspberry Freestyle  
Minute Maid Lemonade Strawberry Freestyle  
Minute Maid Orange Freestyle  
Minute Maid Pink Lemonade Freestyle  
Minute Maid Light Drinks Limeade, Cherry Limeade, Fruit Punch, Grape, Mixed Berry Freestyle  
Minute Maide Light Lemonade, Lemonade Lime, Lemonade Orange, Lemonade Peach, Lemonade Raspberry Freestyle  
Minute Maid Light Lemonade Strawberry Freestyle  
Minute Maid Light Orange Freestyle  
Minute Maid Light Peach Freestyle  
Minute Maid Light Pink Lemonade Freestyle  
Minute Maid Light Cherry Limeade Freestyle  
Minute Maid Drinks Limeade, Grape Freestyle  
Minute Maid Light Fruit Punch Freestyle  
Minute Maid Light Lemonade, Lemonade Orange Freestyle

Small (20 FL OZ)	270cal	0cal
Small (20 FL OZ)	260cal	0cal
Small (20 FL OZ)	220cal	0cal
Small (20 FL OZ)	230cal	0cal
Small (20 FL OZ)	270cal	0cal
Medium (30 FL OZ)	400cal	0cal
Medium (30 FL OZ)	410cal	0cal
Medium (30 FL OZ)	330cal	0cal
Medium (30 FL OZ)	340cal	0cal
Medium (30 FL OZ)	390cal	0cal
Medium (30 FL OZ)	340cal	0cal
Medium (30 FL OZ)	400cal	0cal
Large (40 FL OZ)	540cal	0cal
Large (40 FL OZ)	550cal	0cal
Large (40 FL OZ)	530cal	0cal
Large (40 FL OZ)	450cal	0cal
Large (40 FL OZ)	460cal	0cal
Large (40 FL OZ)	520cal	0cal
Large (40 FL OZ)	540cal	0cal
Value (16 FL OZ)	15cal	0cal
Value (16 FL OZ)	10cal	0cal
Value (16 FL OZ)	15cal	0cal
Value (16 FL OZ)	10cal	0cal
Value (16 FL OZ)	10cal	0cal
Value (16 FL OZ)	10 cal	0cal
Small (20 FL OZ)	15cal	0cal
Small (20 FL OZ)	15cal	0cal
Small (20 FL OZ)	20cal	0cal
Small (20 FL OZ)	10cal	0cal

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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0g	0g	0g	0mg	95mg	0mg	71g	0g	68g	0g
0g	0g	0g	0mg	95mg	0mg	71g	0g	68g	0g
0g	0g	0g	0mg	95mg	0mg	61g	0g	58g	0g
0g	0g	0g	0mg	95mg	0mg	61g	0g	58g	0g
0g	0g	0g	0mg	95mg	0mg	73g	0g	70g	0g
0g	0g	0g	0mg	140mg	0mg	107g	0g	102g	0g
0g	0g	0g	0mg	140mg	0mg	107g	0g	102g	0g
0g	0g	0g	0mg	140mg	0mg	91g	0g	87g	0g
0g	0g	0g	0mg	140mg	0mg	91g	0g	87g	0g
0g	0g	0g	0mg	150mg	0mg	107g	0g	102g	0g
0g	0g	0g	0mg	150mg	0mg	91g	0g	87g	0g
0g	0g	0g	0mg	140mg	0mg	110g	0g	100g	0g
0g	0g	0g	0mg	190mg	0mg	143g	0g	136g	0g
0g	0g	0g	0mg	190mg	0mg	143g	0g	136g	0g
0g	0g	0g	0mg	190mg	0mg	122g	0g	115g	0g
0g	0g	0g	0mg	190mg	0mg	122g	0g	115g	0g
0g	0g	0g	0mg	190mg	0mg	143g	0g	136g	0g
0g	0g	0g	0mg	190mg	0mg	150g	0g	140g	0g
0g	0g	0g	0mg	80mg	15g	2g	0g	0g	0g
0g	0g	0g	0mg	80mg	10g	3g	0g	0g	0g
0g	0g	0g	0mg	80mg	10g	2g	0g	0g	0g
0g	0g	0g	0mg	80mg	15g	3g	0g	0g	0g
0g	0g	0g	0mg	80mg	10g	3g	0g	0g	0g
0g	0g	0g	0mg	95mg	20mg	3g	0g	0g	0g
0g	0g	0g	0mg	100mg	20mg	3g	0g	0g	0g
0g	0g	0g	0mg	95mg	20mg	3g	0g	0g	0g
0g	0g	0g	0mg	100mg	15mg	3g	0g	0g	0g

Serving Size (oz.)	Calories per Serving	Calories from Fat
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Minute Maid Light Lemonade Lime, Lemonade Peach, Lemonade Raspberry, Lemonade Strawberry Freestyle  
Minute Maid Light Mixed Berry Freestyle  
Minute Maid Light Orange Freestyle  
Minute Maid Light Peach Freestyle  
Minute Maid Light Pink Lemonade Freestyle  
Minute Maid Light Cherry Limeade Freestyle  
Minute Maid Light Drinks Limeade, Grape Freestyle  
Minute Maid Light Fruit Punch Freestyle  
Minute Maid Light Lemonade Freestyle  
Minute MAid Light Lemonade Lime, Lemonade Orange, Lemonade Peach, Lemonade Raspberry, Light Pink Lemonade Freestyle  
Minute Maid Light Lemonade Strawberry Freestyle  
Minute Maid Light Mixed Berry Freestyle  
Minute Maid Light Orange Freestyle  
Minute Maid Light Peach Freestyle  
Minute Maid Light Cherry Limeade Freestyle  
Minute Maid Light Drinks Limeade, Grape Freestyle  
Minute Maid Light Fruit Punch Freestyle  
Minute Maid Light Lemonade, Lemonade Lime, Lemonade Orange, Lemonade Peach, Pink Lemonade Freestyle  
Minute Maid Light Lemonade Raspberry Freestyle  
Minute Maid Light Lemonade Strawberry Freestyle  
Minute Maid Light Mixed Berry Freestyle  
Minute Maid Light Orange Freestyle  
Minute Maid Light Peach Freestyle  
Minute Maid Sparkling Cherry Limeade, Fizzy Fruit Punch, Fizzy Mixed Berry Freestyle  
Minute Maid Sparkling Fizzy Peach Lemonade, Fizzy Pink Lemonade Freestyle  
Minute Maid Sparkling Fizzy Tropical Citrus Freestyle  
Minute Maid Sparkling Lemonade Freestyle  
Minute Maid Sparkling Lime Freestyle  
Minute Maid Sparkling Strawberry Lemonade Freestyle  
Minute Maid Sparkling Cherry Limeade, Fizzy Fruit Punch, Fizzy Mixed Berry Freestyle

Small (20 FL OZ)	15cal	0cal
Small (20 FL OZ)	20cal	0cal
Small (20 FL OZ)	10cal	0cal
Small (20 FL OZ)	15cal	0cal
Small (20 FL OZ)	10cal	0cal
Medium (30 FL OZ)	25cal	0cal
Medium (30 FL OZ)	25cal	0cal
Medium (30 FL OZ)	35cal	0cal
Medium (30 FL OZ)	15cal	0cal
Medium (30 FL OZ)	20cal	0cal
Medium (30 FL OZ)	25cal	0cal
Medium (30 FL OZ)	30cal	0cal
Medium (30 FL OZ)	20cal	0cal
Medium (30 FL OZ)	20cal	0cal
Large (40 FL OZ)	35cal	0cal
Large (40 FL OZ)	35cal	0cal
Large (40 FL OZ)	45cal	0cal
Large (40 FL OZ)	25cal	0cal
Large (40 FL OZ)	30cal	0cal
Large (40 FL OZ)	35cal	0cal
Large (40 FL OZ)	40cal	0cal
Large (40 FL OZ)	25cal	0cal
Large (40 FL OZ)	25cal	0cal
Value (16 FL OZ)	15cal	0cal
Value (16 FL OZ)	10cal	0cal
Value (16 FL OZ)	10cal	0cal
Value (16 FL OZ)	10cal	0cal
Value (16 FL OZ)	15cal	0cal
Value (16 FL OZ)	15cal	0cal
Value (16 FL OZ)	20cal	0cal

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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0g	0g	0g	0mg	100mg	15mg	3g	0g	0g	0g
0g	0g	0g	0mg	100mg	20mg	3g	0g	0g	0g
0g	0g	0g	0mg	100mg	20mg	3g	0g	0g	0g
0g	0g	0g	0mg	95mg	20mg	3g	0g	0g	0g
0g	0g	0g	0mg	100mg	15mg	3g	0g	0g	0g
0g	0g	0g	0mg	150mg	30mg	4g	0g	0g	0g
0g	0g	0g	0mg	150mg	30mg	5g	0g	0g	0g
0g	0g	0g	0mg	150mg	30mg	4g	0g	0g	0g
0g	0g	0g	0mg	150mg	20mg	5g	0g	0g	0g
0g	0g	0g	0mg	150mg	20mg	5g	0g	0g	0g
0g	0g	0g	0mg	150mg	20mg	4g	0g	0g	0g
0g	0g	0g	0mg	150mg	30mg	5g	0g	0g	0g
0g	0g	0g	0mg	150mg	30mg	5g	0g	0g	0g
0g	0g	0g	0mg	150mg	30mg	4g	0g	0g	0g
0g	0g	0g	0mg	190mg	35mg	6g	0g	0g	0g
0g	0g	0g	0mg	200mg	40mg	6g	0g	0g	0g
0g	0g	0g	0mg	190mg	35mg	6g	0g	0g	0g
0g	0g	0g	0mg	200mg	25mg	6g	0g	0g	0g
0g	0g	0g	0mg	200mg	25mg	5g	0g	0g	0g
0g	0g	0g	0mg	200mg	40mg	6g	0g	0g	0g
0g	0g	0g	0mg	200mg	40mg	6g	0g	0g	0g
0g	0g	0g	0mg	190mg	35mg	6g	0g	0g	0g
0g	0g	0g	0mg	80mg	15mg	2g	0g	0g	0g
0g	0g	0g	0mg	80mg	10mg	3g	0g	0g	0g
0g	0g	0g	0mg	80mg	10mg	3g	0g	0g	0g
0g	0g	0g	0mg	80mg	15mg	2g	0g	0g	0g
0g	0g	0g	0mg	80mg	10mg	3g	0g	0g	0g
0g	0g	0g	0mg	100mg	20mg	3g	0g	0g	0g

Serving Size (oz.)	Calories per Serving	Calories from Fat
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Minute Maid Sparkling Fizzy Peach Lemonade Freestyle  
Minute Maid Sparkling Fizzy Pink Lemonade Freestyle  
Minute Maid Sparkling Fizzy Tropical Citrus Freestyle  
Minute Maid Sparkling Lemonade Freestyle  
Minute Maid Sparkling Lime Freestyle  
Minute Maid Sparkling Strawberry Lemonade Freestyle  
Minute Maid Sparkling Cherry Limeade Freestyle  
Minute Maid Sparkling Fizzy Fruit Punch, Fizzy Mixed Berry Freestyle  
Minute Maid Sparkling Fizzy Peach Lemonade, Fizzy Pink Lemonade Freestyle  
Minute Maid Sparkling Fizzy Tropical Citrus, Lime Freestyle  
Minute Maid Sparkling Lemonade Freestyle  
Minute Maid Sparkling Strawberry Lemonade Freestyle  
Minute Maid Sparkling Cherry Limeade Freestyle  
Minute Maid Sparkling Fizzy Fruit Punch Freestyle  
Minute Maid Sparkling Fizzy Mixed Berry Freestyle  
Minute Maid Sparkling Fizzy Peach Lemonade Freestyle  
Minute Maid Sparkling Fizzy Pink Lemonade Freestyle  
Minute Maid Sparkling Fizzy Tropical Citrus Freestyle  
Minute Maid Sparkling Lemonade Freestyle  
Minute Maid Sparkling Lime Freestyle  
Minute Maid Sparkling Strawberry Lemonade Freestyle  
POWERade Cherry, Fruit Punch, Grape, Lemon, Lime, Raspberry, Strawberry Freestyle  
POWERade Cherry, Grape, Lemon, Lime, Raspberry Freestyle  
POWERade Fruit Punch Freestyle  
POWERade Lime Freestyle  
POWERade Grape, Lemon, Raspberry, Strawberry Freestyle  
POWERade Strawberry, Raspberry Freestyle  
POWERade Zero Cherry, Grape, Lemon, Lime, Orange, Raspberry, Strawberry Freestyle  
POWERade Zero Fruit Punch Freestyle

Small (20 FL OZ)	15cal	0cal
Small (20 FL OZ)	10cal	0cal
Small (20 FL OZ)	15cal	0cal
Small (20 FL OZ)	10cal	0cal
Small (20 FL OZ)	15cal	0cal
Small (20 FL OZ)	15cal	0cal
Medium (30 FL OZ)	25cal	0cal
Medium (30 FL OZ)	30cal	0cal
Medium (30 FL OZ)	20cal	0cal
Medium (30 FL OZ)	25cal	0cal
Medium (30 FL OZ)	15cal	0cal
Medium (30 FL OZ)	25cal	0cal
Large (40 FL OZ)	35cal	0cal
Large (40 FL OZ)	40cal	0cal
Large (40 FL OZ)	40cal	0cal
Large (40 FL OZ)	25cal	0cal
Large (40 FL OZ)	25cal	0cal
Large (40 FL OZ)	30cal	0cal
Large (40 FL OZ)	25cal	0cal
Large (40 FL OZ)	35cal	0cal
Large (40 FL OZ)	35cal	0cal
Value (16 FL OZ)	110cal	0cal
Small (20 FL OZ)	130cal	0cal
Small (20 FL OZ)	140cal	0cal
Medium (30 FL OZ)	200cal	0cal
Medium (30 FL OZ)	210cal	0cal
Medium (30 FL OZ)	200cal	0cal
Medium (30 FL OZ)	200cal	0cal
Large (40 FL OZ)	270cal	0cal
Large (40 FL OZ)	260cal	0cal
Large (40 FL OZ)	270cal	0cal
Value (16 FL OZ)	0cal	0cal
Value (16 FL OZ)	5cal	0cal

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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0g	0g	0g	0mg	100mg	15mg	3g	0g	0g	0g
0g	0g	0g	0mg	100mg	15mg	3g	0g	0g	0g
0g	0g	0g	0mg	100mg	20mg	3g	0g	0g	0g
0g	0g	0g	0mg	100mg	15mg	3g	0g	0g	0g
0g	0g	0g	0mg	100mg	20mg	3g	0g	0g	0g
0g	0g	0g	0mg	100mg	15mg	3g	0g	0g	0g
0g	0g	0g	0mg	150mg	30mg	5g	0g	0g	0g
0g	0g	0g	0mg	150mg	30mg	5g	0g	0g	0g
0g	0g	0g	0mg	150mg	20mg	5g	0g	0g	0g
0g	0g	0g	0mg	150mg	20mg	5g	0g	0g	0g
0g	0g	0g	0mg	150mg	20mg	5g	0g	0g	0g
0g	0g	0g	0mg	200mg	40mg	6g	0g	0g	0g
0g	0g	0g	0mg	200mg	40mg	6g	0g	0g	0g
0g	0g	0g	0mg	200mg	25mg	6g	0g	0g	0g
0g	0g	0g	0mg	200mg	30mg	6g	0g	0g	0g
0g	0g	0g	0mg	200mg	40mg	6g	0g	0g	0g
0g	0g	0g	0mg	200mg	25mg	6g	0g	0g	0g
0g	0g	0g	0mg	200mg	40mg	6g	0g	0g	0g
0g	0g	0g	0mg	200mg	25mg	6g	0g	0g	0g
0g	0g	0g	0mg	125mg	55mg	29g	0g	28g	0g
0g	0g	0g	0mg	160mg	65mg	36g	0g	35g	0g
0g	0g	0g	0mg	160mg	65mg	36g	0g	35g	0g
0g	0g	0g	0mg	230mg	100mg	54g	0g	52g	0g
0g	0g	0g	0mg	240mg	100mg	54g	0g	52g	0g
0g	0g	0g	0mg	240mg	100mg	54g	0g	52g	0g
0g	0g	0g	0mg	230mg	100mg	54g	0g	52g	0g
0g	0g	0g	0mg	310mg	130mg	73g	0g	70g	0g
0g	0g	0g	0mg	320mg	130mg	73g	0g	70g	0g
0g	0g	0g	0mg	310mg	130mg	73g	0g	70g	0g
0g	0g	0g	0mg	125mg	60mg	1g	0g	0g	0g
0g	0g	0g	0mg	125mg	60mg	1g	0g	0g	0g

Serving Size (oz.)	Calories per Serving	Calories from Fat
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POWERade Zero Cherry, Grape Freestyle  
 POWERade Zero Fruit Punch Freestyle  
 POWERade Zero Lemon, Lime, Orange Freestyle  
 POWERade Zero Raspberry, Strawberry Freestyle  
 POWERade Zero Cherry, Grape Freestyle  
 POWERade Zero Fruit Punch Freestyle  
 POWERade Zero Lemon, Lime, Orange Freestyle  
 POWERade Zero Raspberry, Strawberry Freestyle  
 POWERade Zero Cherry, Grape, Lime, Orange, Raspberry, Strawberry Freestyle  
 POWERade Zero Fruit Punch Freestyle  
 POWERade Zero Lemon Freestyle  
 Seagram's Diet Ginger Ale Freestyle  
 Seagram's Diet Ginger Ale Cherry Freestyle  
 Seagram's Diet Ginger Ale Lime Freestyle  
 Seagram's Diet Ginger Ale Orange, Raspberry Freestyle  
 Seagram's Diet Ginger Ale Vanilla Freestyle  
 Seagram's Diet Ginger Ale Freestyle  
 Seagram's Diet Ginger Ale Cherry, Lime Freestyle  
 Seagram's Diet Ginger Ale Orange, Raspberry Freestyle  
 Seagram's Diet Ginger Ale Vanilla Freestyle  
 Seagram's Diet Ginger Ale Freestyle  
 Seagram's Diet Ginger Ale Cherry, Lime Freestyle  
 Seagram's Diet Ginger Ale Orange, Raspberry Freestyle  
 Seagram's Diet Ginger Ale Vanilla Freestyle  
 Seagram's Diet Ginger Ale Freestyle  
 Seagram's Diet Ginger Ale Cherry, Lime, Orange, Raspberry, Vanilla Freestyle  
 Seagram's Diet Ginger Ale Freestyle  
 Seagram's Diet Ginger Ale Cherry, Lime, Orange, Raspberry, Vanilla Freestyle

Small (20 FL OZ)	5cal	0cal
Small (20 FL OZ)	10cal	0cal
Small (20 FL OZ)	0cal	0cal
Small (20 FL OZ)	5cal	0cal
Medium (30 FL OZ)	10cal	0cal
Medium (30 FL OZ)	15cal	0cal
Medium (30 FL OZ)	5cal	0cal
Medium (30 FL OZ)	10cal	0cal
Large (40 FL OZ)	10cal	0cal
Large (40 FL OZ)	15cal	0cal
Large (40 FL OZ)	5cal	0cal
Value (16 FL OZ)	5cal	0cal
Value (16 FL OZ)	5cal	0cal
Value (16 FL OZ)	10cal	0cal
Value (16 FL OZ)	5cal	0cal
Value (16 FL OZ)	0cal	0cal
Small (20 FL OZ)	5cal	0cal
Small (20 FL OZ)	10cal	0cal
Small (20 FL OZ)	5cal	0cal
Small (20 FL OZ)	0cal	0cal
Medium (30 FL OZ)	10cal	0cal
Medium (30 FL OZ)	15cal	0cal
Medium (30 FL OZ)	10cal	0cal
Medium (30 FL OZ)	5cal	0cal
Large (40 FL OZ)	15cal	0cal
Large (40 FL OZ)	15cal	0cal
Large (40 FL OZ)	20cal	0cal
Large (40 FL OZ)	15cal	0cal
Large (40 FL OZ)	10cal	0cal
Value (16 FL OZ)	140cal	0cal
Value (16 FL OZ)	140cal	0cal
Small (20 FL OZ)	180cal	0cal
Small (20 FL OZ)	180cal	0cal

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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0g	0g	0g	0mg	160mg	75mg	1g	0g	0g	0g
0g	0g	0g	0mg	160mg	75mg	1g	0g	0g	0g
0g	0g	0g	0mg	160mg	75mg	1g	0g	0g	0g
0g	0g	0g	0mg	160mg	75mg	1g	0g	0g	0g
0g	0g	0g	0mg	240mg	110mg	2g	0g	0g	0g
0g	0g	0g	0mg	240mg	110mg	2g	0g	0g	0g
0g	0g	0g	0mg	240mg	110mg	2g	0g	0g	0g
0g	0g	0g	0mg	240mg	110mg	2g	0g	0g	0g
0g	0g	0g	0mg	320mg	150mg	3g	0g	0g	0g
0g	0g	0g	0mg	320mg	150mg	3g	0g	0g	0g
0g	0g	0g	0mg	40mg	0mg	2g	0g	0g	0g
0g	0g	0g	0mg	40mg	0mg	2g	0g	0g	0g
0g	0g	0g	0mg	40mg	0mg	2g	0g	0g	0g
0g	0g	0g	0mg	40mg	0mg	2g	0g	0g	0g
0g	0g	0g	0mg	50mg	0mg	2g	0g	0g	0g
0g	0g	0g	0mg	50mg	0mg	3g	0g	0g	0g
0g	0g	0g	0mg	50mg	0mg	2g	0g	0g	0g
0g	0g	0g	0mg	50mg	0mg	2g	0g	0g	0g
0g	0g	0g	0mg	75mg	0mg	3g	0g	0g	0g
0g	0g	0g	0mg	75mg	0mg	4g	0g	0g	0g
0g	0g	0g	0mg	75mg	0mg	4g	0g	0g	0g
0g	0g	0g	0mg	75mg	0mg	3g	0g	0g	0g
0g	0g	0g	0mg	100mg	0mg	5g	0g	0g	0g
0g	0g	0g	0mg	100mg	0mg	5g	0g	0g	0g
0g	0g	0g	0mg	100mg	0mg	6g	0g	0g	0g
0g	0g	0g	0mg	100mg	0mg	5g	0g	0g	0g
0g	0g	0g	0mg	40mg	0mg	38g	0g	37g	0g
0g	0g	0g	0mg	40mg	0mg	38g	0g	37g	0g
0g	0g	0g	0mg	50mg	0mg	47g	0g	46g	0g
0g	0g	0g	0mg	50mg	0mg	47g	0g	46g	0g

Serving Size (oz.)	Calories per Serving	Calories from Fat
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Seagram's Ginger Ale Freestyle  
Seagram's Ginger Ale Orange Freestyle  
Seagram's Ginger Ale Cherry, Lime, Raspberry, Vanilla Freestyle  
Seagram's Ginger Ale Freestyle  
Seagram's Ginger Ale Orange Freestyle  
Seagram's Ginger Ale Cherry, Lime, Raspberry, Vanilla Freestyle  
Sprite Freestyle  
Sprite Cherry, Grape, Orange, Peach, Strawberry, Vanilla Freestyle  
Sprite Raspberry Freestyle  
Sprite Freestyle  
Sprite Cherry, Peach, Raspberry, Strawberry, Vanilla Freestyle  
Sprite Grape, Orange Freestyle  
Sprite Freestyle  
Sprite Cherry, Grape, Peach, Raspberry, Strawberry, Vanilla Freestyle  
Sprite Orange Freestyle  
Sprite Freestyle  
Sprite Cherry, Grape, Raspberry, Strawberry, Vanilla Freestyle  
Sprite Orange, Peach Freestyle  
Sprite Zero Cherry Freestyle  
Sprite Zero Cherry Freestyle  
Sprite Zero Cherry Freestyle  
Sprite Zero Cherry Freestyle  
Sprite Zero Freestyle  
Sprite Zero Freestyle  
Sprite Zero Freestyle  
Sprite Zero Freestyle  
Sprite Zero Freestyle  
Sprite Zero Freestyle  
Sprite Zero Freestyle  
Sprite Zero Grape Freestyle  
Sprite Zero Grape Freestyle  
Sprite Zero Grape Freestyle  
Sprite Zero Grape Freestyle  
Sprite Zero Orange Freestyle

Medium (30 FL OZ)	270cal	0cal
Medium (30 FL OZ)	270cal	0cal
Medium (30 FL OZ)	270cal	0cal
Large (40 FL OZ)	350cal	0cal
Large (40 FL OZ)	350cal	0cal
Large (40 FL OZ)	360cal	0cal
Value (16 FL OZ)	160cal	0cal
Value (16 FL OZ)	160cal	0cal
Value (16 FL OZ)	170cal	0cal
Small (20 FL OZ)	200cal	0cal
Small (20 FL OZ)	210cal	0cal
Small (20 FL OZ)	200cal	0cal
Medium (30 FL OZ)	300cal	0cal
Medium (30 FL OZ)	310cal	0cal
Medium (30 FL OZ)	300cal	0cal
Large (40 FL OZ)	400cal	0cal
Large (40 FL OZ)	410cal	0cal
Large (40 FL OZ)	410cal	0cal
Value (16 FL OZ)	5cal	0cal
Small (20 FL OZ)	10cal	0cal
Medium (30 FL OZ)	15cal	0cal
Large (40 FL OZ)	20cal	0cal
Value (16 FL OZ)	5cal	0cal
Small (20 FL OZ)	5cal	0cal
Medium (30 FL OZ)	10cal	0cal
Large (40 FL OZ)	15cal	0cal
Value (16 FL OZ)	5cal	0cal
Small (20 FL OZ)	10cal	0cal
Medium (30 FL OZ)	15cal	0cal
Large (40 FL OZ)	20cal	0cal
Value (16 FL OZ)	5cal	0cal

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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0g	0g	0g	0mg	75mg	0mg	71g	0g	69g	0g
0g	0g	0g	0mg	75mg	0mg	71g	0g	69g	0g
0g	0g	0g	0mg	75mg	0mg	71g	0g	70g	0g
0g	0g	0g	0mg	100mg	0mg	94g	0g	93g	0g
0g	0g	0g	0mg	100mg	0mg	94g	0g	93g	0g
0g	0g	0g	0mg	100mg	0mg	94g	0g	93g	0g
0g	0g	0g	0mg	40mg	55mg	43g	0g	43g	0g
0g	0g	0g	0mg	40mg	55mg	43g	0g	43g	0g
0g	0g	0g	0mg	40mg	55mg	43g	0g	43g	0g
0g	0g	0g	0mg	50mg	65mg	54g	0g	53g	0g
0g	0g	0g	0mg	50mg	65mg	54g	0g	53g	0g
0g	0g	0g	0mg	50mg	65mg	54g	0g	53g	0g
0g	0g	0g	0mg	75mg	100mg	81g	0g	80g	0g
0g	0g	0g	0mg	75mg	100mg	81g	0g	80g	0g
0g	0g	0g	0mg	75mg	100mg	81g	0g	80g	0g
0g	0g	0g	0mg	100mg	135mg	108g	0g	107g	0g
0g	0g	0g	0mg	100mg	135mg	108g	0g	107g	0g
0g	0g	0g	0mg	105mg	135mg	108g	0g	107g	0g
0g	0g	0g	0mg	45mg	65mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	55mg	80mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	80mg	120mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	110mg	160mg	1g	0g	0g	0g
0g	0g	0g	0mg	45mg	65mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	55mg	80mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	80mg	120mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	80mg	120mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	105mg	160mg	1g	0g	0g	0g
0g	0g	0g	0mg	45mg	65mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	55mg	80mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	80mg	120mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	110mg	160mg	1g	0g	0g	0g
0g	0g	0g	0mg	45mg	65mg	< 1g	0g	0g	0g

Serving Size (oz.)	Calories per Serving	Calories from Fat
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Sprite Zero Orange Freestyle  
 Sprite Zero Orange Freestyle  
 Sprite Zero Orange Freestyle  
 Sprite Zero Peach Freestyle  
 Sprite Zero Peach Freestyle  
 Sprite Zero Peach Freestyle  
 Sprite Zero Raspberry Freestyle  
 Sprite Zero Raspberry Freestyle  
 Sprite Zero Raspberry Freestyle  
 Sprite Zero Raspberry Freestyle  
 Sprite Zero Strawberry Freestyle  
 Sprite Zero Strawberry Freestyle  
 Sprite Zero Strawberry Freestyle  
 Sprite Zero Strawberry Freestyle  
 Sprite Zero Vanilla Freestyle  
 Sprite Zero Vanilla Freestyle  
 Sprite Zero Vanilla Freestyle  
 Sprite Zero Vanilla Freestyle  
 Vitaminwater Captivate Freestyle  
 Vitaminwater Captivate Freestyle  
 Vitaminwater Captivate Freestyle  
 Vitaminwater Captivate Freestyle  
 Vitaminwater Lemonade-C Freestyle  
 Vitaminwater Lemonade-C Freestyle  
 Vitaminwater Lemonade-C Freestyle  
 Vitaminwater Lemonade-C Freestyle  
 Vitaminwater Motivate Freestyle  
 Vitaminwater Motivate Freestyle  
 Vitaminwater Motivate Freestyle  
 Vitaminwater Motivate Freestyle  
 Vitaminwater Orangeade-C Freestyle  
 Vitaminwater Orangeade-C Freestyle  
 Vitaminwater Orangeade-C Freestyle  
 Vitaminwater Orangeade-C Freestyle  
 Vitaminwater Pink Squeezed Freestyle  
 Vitaminwater Pink Squeezed Freestyle

Small (20 FL OZ)	5cal	0cal
Medium (30 FL OZ)	10cal	0cal
Large (40 FL OZ)	15cal	0cal
Value (16 FL OZ)	10cal	0cal
Small (20 FL OZ)	10cal	0cal
Medium (30 FL OZ)	15cal	0cal
Large (40 FL OZ)	20cal	0cal
Value (16 FL OZ)	10cal	0cal
Small (20 FL OZ)	10cal	0cal
Medium (30 FL OZ)	20cal	0cal
Large (40 FL OZ)	25cal	0cal
Value (16 FL OZ)	10cal	0cal
Small (20 FL OZ)	10cal	0cal
Medium (30 FL OZ)	15cal	0cal
Large (40 FL OZ)	20cal	0cal
Value (16 FL OZ)	5cal	0cal
Small (20 FL OZ)	10cal	0cal
Medium (30 FL OZ)	15cal	0cal
Large (40 FL OZ)	20cal	0cal
Value (16 FL OZ)	80cal	0cal
Small (20 FL OZ)	100cal	0cal
Medium (30 FL OZ)	150cal	0cal
Large (40 FL OZ)	200cal	0cal
Value (16 FL OZ)	80cal	0cal
Small (20 FL OZ)	100cal	0cal
Medium (30 FL OZ)	150cal	0cal
Large (40 FL OZ)	200cal	0cal
Value (16 FL OZ)	80cal	0cal
Small (20 FL OZ)	100cal	0cal
Medium (30 FL OZ)	150cal	0cal
Large (40 FL OZ)	200cal	0cal
Value (16 FL OZ)	80cal	0cal
Small (20 FL OZ)	100cal	0cal

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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0g	0g	0g	0mg	55mg	80mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	80mg	120mg	1g	0g	0g	0g
0g	0g	0g	0mg	110mg	160mg	1g	0g	0g	0g
0g	0g	0g	0mg	45mg	65mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	55mg	80mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	80mg	120mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	110mg	160mg	1g	0g	0g	0g
0g	0g	0g	0mg	45mg	65mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	55mg	80mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	80mg	120mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	110mg	160mg	1g	0g	0g	0g
0g	0g	0g	0mg	45mg	65mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	55mg	80mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	80mg	120mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	110mg	160mg	1g	0g	0g	0g
0g	0g	0g	0mg	45mg	65mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	55mg	80mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	80mg	120mg	< 1g	0g	0g	0g
0g	0g	0g	0mg	105mg	160mg	1g	0g	0g	0g
0g	0g	0g	0mg	40mg	0mg	21g	0g	20g	0g
0g	0g	0g	0mg	50mg	0mg	26g	0g	25g	0g
0g	0g	0g	0mg	75mg	0mg	39g	0g	38g	0g
0g	0g	0g	0mg	100mg	0mg	52g	0g	50g	0g
0g	0g	0g	0mg	40mg	0mg	22g	0g	21g	0g
0g	0g	0g	0mg	50mg	0mg	27g	0g	26g	0g
0g	0g	0g	0mg	75mg	0mg	41g	0g	40g	0g
0g	0g	0g	0mg	100mg	0mg	55g	0g	53g	0g
0g	0g	0g	0mg	40mg	0mg	21g	0g	20g	0g
0g	0g	0g	0mg	50mg	0mg	26g	0g	25g	0g
0g	0g	0g	0mg	75mg	0mg	39g	0g	38g	0g
0g	0g	0g	0mg	100mg	0mg	52g	0g	50g	0g
0g	0g	0g	0mg	40mg	0mg	21g	0g	21g	0g
0g	0g	0g	0mg	50mg	0mg	27g	0g	26g	0g
0g	0g	0g	0mg	75mg	0mg	40g	0g	39g	0g
0g	0g	0g	0mg	100mg	0mg	53g	0g	51g	0g
0g	0g	0g	0mg	40mg	0mg	22g	0g	21g	0g
0g	0g	0g	0mg	50mg	0mg	27g	0g	26g	0g

Vitaminwater Pink Squeezed Freestyle  
 Vitaminwater Pink Squeezed Freestyle  
 Vitaminwater Razzy B Freestyle  
 Vitaminwater Razzy B Freestyle  
 Vitaminwater Razzy B Freestyle  
 Vitaminwater Razzy B Freestyle  
 Vitaminwater Tropical-C Freestyle  
 Vitaminwater Tropical-C Freestyle  
 Vitaminwater Tropical-C Freestyle  
 Vitaminwater Tropical-C Freestyle

Serving Size (oz.)	Calories per Serving	Calories from Fat
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Medium (30 FL OZ)	150cal	0cal
Large (40 FL OZ)	200cal	0cal
Value (16 FL OZ)	80cal	0cal
Small (20 FL OZ)	100cal	0cal
Medium (30 FL OZ)	150cal	0cal
Large (40 FL OZ)	200cal	0cal
Value (16 FL OZ)	80cal	0cal
Small (20 FL OZ)	100cal	0cal
Medium (30 FL OZ)	150cal	0cal
Large (40 FL OZ)	200cal	0cal

## Allergen Key

- M Milk
- E Eggs
- P Peanuts
- T Tree Nuts
- F Fish
- C Crustacean
- Shellfish
- S Soy
- W Wheat

# Gourmet Seasoned croutons, and Spicy Corn Sticks are packaged in a facility that also packages Tree Nuts.

^ Our Cheesecake is manufactured on equipment that also processes Peanuts and Tree Nuts.

## WARNING

Chemicals Known to the State of California to cause cancer, birth defects or other reproductive harm may be present in foods or beverages sold or served here.

\*71% fat reduction compared to whole milk.

All data displayed follows the federal regulations regarding the rounding on nutritional data. Information may vary slightly from actual due to rounding of nutritional data.

Variations within the nutritional values may occur due to the use of regional suppliers, seasonal influences, manufacturing tolerances, minor differences in product assembly at the restaurant level, recipe revisions, and other factors.

Serving size designation for beverages refers to the total cup capacity. The actual fill might be slightly different. Sodium and potassium values in drinks may vary due to local water suppliers.

Like most restaurants, our restaurants prepare and serve products that contain Egg, Fish, Milk, Soy and Wheat. While a particular ingredient statement may not list one of these allergens, our products contain one or more of these allergens.

may be prepared with equipment that is shared with products containing one or more of these allergens.

If you have a food allergy, please consult with your physician before deciding which Jack in the Box® products are right for you. We also recommend checking our "Ingredients & Allergen Statements" frequently as our menu and ingredients may change. If you have any questions regarding allergens in our restaurants, please contact Guest Relations at 1-858-522-4716.

Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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0g	0g	0g	0mg	75mg	0mg	40g	0g	39g	0g
0g	0g	0g	0mg	100mg	0mg	54g	0g	52g	0g
0g	0g	0g	0mg	40mg	0mg	21g	0g	20g	0g
0g	0g	0g	0mg	50mg	0mg	26g	0g	25g	0g
0g	0g	0g	0mg	75mg	0mg	39g	0g	38g	0g
0g	0g	0g	0mg	100mg	0mg	52g	0g	50g	0g
0g	0g	0g	0mg	40mg	0mg	21g	0g	20g	0g
0g	0g	0g	0mg	50mg	0mg	26g	0g	25g	0g
0g	0g	0g	0mg	75mg	0mg	39g	0g	38g	0g
0g	0g	0g	0mg	100mg	0mg	52g	0g	50g	0g

\* We hope this nutritional information will help you satisfy your dietary needs at Jack in the Box®. Some items listed may not be available in your area, and slight variations may occur in each product for reasons that may include available supply, tests, portioning or other factors. Sodium and potassium values in drinks may vary due to local water supplies. Products in test, limited time only items and some regional items are not included. The ingredient and nutrient information contained in this analysis is effective as of January 2017. Jack in the Box® restaurants will update and revise the information periodically to reflect changes in ingredients and the addition and removal of products from our menu. Nutritional information was obtained from vendor information, Siliker Lab and other lab analysis, using Genesis R&D SQL Food Development and Labeling Software, copyright of ESHA Research, Salem, Oregon.

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Check out our website [www.jackinthebox.com](http://www.jackinthebox.com) for more up to date nutritional information.





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