

CALORIE CHOICES FOR CALORIE BALANCE

Calories are shown for full cups with no ice. Adding ice will reduce calories.

	SMALL 16 FL OZ	MEDIUM 22 FL OZ	LARGE 30 FL OZ
Coca-Cola	000 Cal	000 Cal	000 Cal
Diet Coke	000 Cal	000 Cal	000 Cal
Coca-Cola Zero	000 Cal	000 Cal	000 Cal
Sprite	000 Cal	000 Cal	000 Cal
Minute Maid Lemonade	000 Cal	000 Cal	000 Cal
Barq's Root Beer	000 Cal	000 Cal	000 Cal
Fanta Orange	000 Cal	000 Cal	000 Cal
Hi-C Fruit Punch	000 Cal	000 Cal	000 Cal
Powerade Mountain Berry Blast	000 Cal	000 Cal	000 Cal
Fuze Lemon Tea	000 Cal	000 Cal	000 Cal

Diet beverages contain small amounts of calories that typically round to zero per FDA rules.
In larger sizes, these calories may round to more than zero.

BALANCE WHAT YOU **EAT, DRINK & DO**



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