

# CALORIE CHOICES FOR CALORIE BALANCE

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

	SMALL 16 Fluid Ounces	MEDIUM 22 Fluid Ounces	LARGE 30 Fluid Ounces
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

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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