

CALORIES IN YOUR DRINK



Beverage	Serving Size	Calories	Grams of Sugar	Teaspoons of Sugar or Other
Soda (Coke)	12 ounces	140	39	9.2
Diet soda	12 ounces	0	Artificial sugars	
Sweet tea	12 ounces	105	26	6.2
Brewed tea, unsweet	12 ounces	3	0	
Orange juice	12 ounces	165	31	#oranges
Apple juice, unsweetened	12 ounces	170	36	#apples
Whole Milk	12 ounces	220	18	Natural from lactose / 12 grams fat
Nonfat milk	12 ounces	135	18	Natural from lactose / 1 gram fat
Coffee, black	12 ounces	0	0	0
Caffe Latte, whole milk (Starbucks)	12 ounces	180	13	3
Caffe Latte, nonfat (Starbucks)	12 ounces	100	14	3.3
Mocha light Frappucino (Starbucks)	12 ounces	110	21	5
Sports drink (like Gatorade)	12 ounces	80	21	5
Energy drink (like Red Bull)	12 ounces	155	36	8.6
Beer	12 ounces	150	0	
Red or white wine	5 ounces	120	1	0.25
Hard liquor (vodka, rum, whiskey, gin; 80 proof)	1.5 ounces	100	0	