

# Beverages


	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fats (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Minute-Maid Premium Pink Lemonade	248ml	110	0	0	0	0	15	30
Minute-Maid Premium Pulp Free Orange Juice	249ml	110	0	0	0	0	15	27
Monster Energy Drink	237ml	10	0	0	0	0	180	3
Mott's Apple Juice	240ml	110	0	0	0	0	10	27
Mott's Apple Juice from Concentrate	232ml	120	0	0	0	0	10	29
Mott's Clamato Tomato Juice Cocktail	237ml	60	0	0	0	0	880	11
Mott's For Tots Apple Juice	240ml	60	0	0	0	0	10	15
Mott's Plus Apple Juice	240ml	60	0	0	0	0	35	15
Mountain Dew	361ml	170	0	0	0	0	65	46
Mountain Dew Live Wire	361ml	170	0	0	0	0	65	47
Mug Root Beer	240ml	100	0	0	0	0	40	29
Nestle Juicy Juice Fruit Juice	232ml	120	0	0	0	0	20	29
Nestle Juicy Juice Fruit Juice from Concentrate	248ml	110	0	0	0	0	20	28
Nestle Juicy Juice Harvest Surprise Fruit Juice	253ml	120	0	0	0	0	80	28
Newman's Own Virgin Lemonade	236ml	110	0	0	0	0	40	27
Northland Cranberry Juice	253ml	130	0	0	0	0	35	33
Northland Cranberry Pomegranate Juice	245ml	140	0	0	0	0	25	34
Ocean Spray Cran-Apple Juice	245ml	140	0	0	0	0	80	35
Ocean Spray Cranberry Blueberry Juice	245ml	140	0	0	0	0	35	36
Ocean Spray Cranberry Juice	253ml	140	0	0	0	0	35	35
Ocean Spray Cran-Cherry Juice	240ml	120	0	0	0	0	35	30
Ocean Spray Cran-Grape Juice	245ml	140	0	0	0	0	80	35
Ocean Spray Cran-Raspberry Juice	245ml	120	0	0	0	0	70	30
Ocean Spray Diet Cranberry Juice	236ml	5	0	0	0	0	50	2
Ocean Spray Diet Cranberry Grape Juice	245ml	5	0	0	0	0	50	2
Ocean Spray Light Cranberry Juice Cocktail	238ml	40	0	0	0	0	75	10
Ocean Spray Light Cran-Grape Juice	237ml	40	0	0	0	0	75	10
Ocean Spray Light Cran-Raspberry Juice	237ml	40	0	0	0	0	70	10
Ocean Spray Light Ruby Red Grapefruit Juice	247ml	40	0	0	0	0	65	10
Ocean Spray Ruby Red Grapefruit Juice	247ml	130	0	0	0	0	35	32
Ocean Spray White Cranberry Strawberry Juice	245ml	120	0	0	0	0	50	31
Ocean Spray White Cran-Peach Juice	245ml	120	0	0	0	0	50	31
Ocean Spray White Grapefruit Juice	247ml	90	0	0	0	0	35	21
Odwalla Blueberry B Monster Drink Smoothie	243ml	140	0	0	0	0	10	34
Odwalla Carrot Juice	236ml	70	0	0	0	0	160	15
Odwalla Orange Juice	249ml	110	0	0	0	0	15	25

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Odwalla Strawberry C Monster Drink Smoothie	243ml	160	0	0	0	0	20	38
Odwalla Superfood Juice	248ml	130	0.5	0	0	0	10	30
Old Orchard Apple Juice from Concentrate	244ml	120	0	0	0	0	25	29
Passion Fruit Rockstar Energy Drink	240ml	110	0	0	0	0	30	25
Pepsi	240ml	100	0	0	0	0	20	28
Pepsi One	240ml	1	0	0	0	0	25	0
Pibb Xtra	361ml	140	0	0	0	0	40	39
Pom Wonderful Pomegranate Juice	246ml	150	0	0	0	0	0	40
Powerade Flavored Sports Drink	244ml	60	0	0	0	0	55	17
Powerade Zero Flavored Sports Drink	240ml	0	0	0	0	0	55	0
Propel Flavored Drink Mix	3g	10	0	0	0	0	30	3
RC Cola	236ml	110	0	0	0	0	30	29
Red Bull Energy Drink	249ml	10	0	0	0	0	200	3
Rockstar Energy Drink	240ml	100	0	0	0	0	110	0
RW Knudsen Family Just Cranberry Juice	240ml	70	0	0	0	0	30	18
Schweppes Club Soda	301ml	0	0	0	0	0	80	0
Schweppes Tonic Water	244ml	90	0	0	0	0	35	23
Schweppes Ginger Ale	244ml	80	0	0	0	0	40	23
Seagrams Ginger Ale	240ml	100	0	0	0	0	35	24
Sierra Mist Free Lemon Lime Soda	250ml	0	0	0	0	0	25	0
Sierra Mist Lemon Lime Soda	361ml	140	0	0	0	0	35	39
Simply Apple Juice	240ml	120	0	0	0	0	5	30
Simply Lemonade	248ml	120	0	0	0	0	15	30
Simply Limeade	248ml	120	0	0	0	0	15	31
Simply Orange Juice	249ml	110	0	0	0	0	0	26
Simply Orange Juice Pulp Free	415ml	190	0	0	0	0	0	45
Simply Orange Juice Pulp Free with Calcium	249ml	110	0	0	0	0	0	26
Simply Orange Juice with Calcium	249ml	110	0	0	0	0	0	26
Simply Orange Juice with Pulp	240ml	10	0	0	0	0	0	26
Simply Orange Mango Juice	240ml	120	0	0	0	0	0	28
Simply Orange Pineapple Juice	240ml	110	0	0	0	0	0	27
Simply Grapefruit Juice	247ml	90	0	0	0	0	10	21
Sobe Energy Citrus Drink	244ml	120	0	0	0	0	15	32
Sobe No Fear Energy Drink	240ml	130	0	0	0	0	115	36
Sprite	244ml	100	0	0	0	0	45	26
Sprite Zero	240ml	0	0	0	0	0	25	0
Squirt	254ml	100	0	0	0	0	35	26
Squirt Citrus Burst	361ml	140	0	0	0	0	50	39

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Sunkist Orange Soda	361ml	190	0	0	0	0	45	52
Sunny Delight	248ml	90	0	0	0	0	170	22
Sunsweet Plum Smart Light Plum Juice Cocktail	240ml	60	0	0	0	0	20	15
Sunsweet Plum Smart Prune Juice	240ml	160	0	0	0	0	55	36
Sunsweet Prune Juice	174ml	120	0	0	0	0	20	30
Tab Cola	355ml	0	0	0	0	0	40	0
Tampico Flavored Punch	248ml	120	0	0	0	0	65	29
Trop 50 Orange Juice	249ml	50	0	0	0	0	10	13
Tropicana Flavored Punch	248ml	130	0	0	0	0	15	32
Tropicana Light Lemonade	244ml	5	0	0	0	0	65	1
Tropicana Pure Pomegranate Blueberry Juice	240ml	130	0	0	0	0	25	33
Tropicana Pure Premium Antioxidant Orange Juice	249g	110	0	0	0	0	0	26
Tropicana Pure Premium Healthy Heart Orange Juice	249ml	120	0.5	0	0	0	0	26
Tropicana Pure Premium Healthy Kids Orange Juice	249ml	110	0	0	0	0	0	26
Tropicana Pure Premium Light 'N Healthy Orange Juice	248ml	50	0	0	0	0	10	13
Tropicana Pure Premium Orange Juice with Calcium & Vitamin D	240ml	110	0	0	0	0	0	26
Tropicana Pure Premium Orange Juice with Calcium, & Vitamins A & C	249g	110	0	0	0	0	0	26
Tropicana Pure Premium Orange Juice with Calcium, Vitamin D & No Pulp	249ml	110	0	0	0	0	0	26
Tropicana Pure Premium Orange Juice with Calcium, Vitamin D & Lots of Pulp	249ml	110	0	0	0	0	0	26
Tropicana Pure Premium Orange Juice with Calcium, Vitamin D & Pulp	249g	110	0	0	0	0	0	26
Tropicana Pure Premium Orange Juice with Lots of Pulp	240ml	110	0	0	0	0	0	26
Tropicana Pure Premium Orange Juice with No Pulp	368ml	170	0	0	0	0	0	39
Tropicana Pure Premium Orange Juice with Some Pulp	240ml	110	0	0	0	0	0	26
Tropicana Pure Premium Orange Tangerine Juice	249g	110	0	0	0	0	0	25
Tropicana Pure Premium Ruby Red Grapefruit Juice	247g	90	0	0	0	0	0	22
Tropicana Pure Raspberry Acai Juice	246ml	140	1	0	0	0	15	30
Tropicana Pure Valencia Mango Juice	249ml	130	0	0	0	0	10	30
Tropicana Pure Valencia Orange Juice with Pulp	250ml	120	0	0	0	0	0	27
Tropicana Twister Orange Soda	361ml	190	0	0	0	0	35	52



<b>Beverages</b>	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fats (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
V8 Spicy Hot Vegetable Juice	240ml	50	0	0	0	0	620	10
V8 Splash Fruit Juice	248ml	70	0	0	0	0	50	18
V8 V Fusion Light Fruit Juice	250ml	50	0	0	0	0	40	13
V8 V Fusion Tropical Orange Juice	243ml	120	0	0	0	0	80	28
V8 Vegetable Juice	340ml	70	0	0	0	0	200	15
Vanilla Coke Zero	355ml	0	0	0	0	0	40	0
Vault Citrus Soda	355ml	180	0	0	0	0	45	47
Vernor's Ginger Ale	244ml	100	0	0	0	0	15	26
Welch's Concord Grape Juice	312ml	210	0	0	0	0	25	53
Welch's Juice Cocktail	253ml	140	0	0	0	0	5	34
Welch's White Grape Juice	250ml	160	0	0	0	0	20	39
Welch's White Grape Peach Juice	240ml	160	0	0	0	0	15	39
Welch's Grape Juice	253ml	180	0	0	0	0	20	45
Welch's Grape Soda	391ml	190	0	0	0	0	55	51
Wild Cherry Pepsi	240ml	100	0	0	0	0	20	28

### **Grocery Food Factoid:**

*Of the top 10 best selling foods 7 are soda. Here's the top 10 list:*

1. Coke Classic
2. Diet Coke
3. Pepsi
4. Dr. Pepper
5. Mountain Dew
6. Diet Pepsi
7. Sprite
8. Kraft Philadelphia Cream Cheese
9. Lay's potato chips
10. Nabisco Oreo cookies

### **SHOPPING LIST/NOTES:**

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# Breakfast Foods

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fats (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)
Aunt Jemima Buttermilk Pancake/Waffle Mix	45g	160	2	0.5	0	10	460	31
Aunt Jemima Original Pancake/Waffle Mix	46g	160	1.5	0	0	5	470	32
Bear Naked Fruit & Nut Granola	30g	140	7	1.5	0	0	0	18
Bear Naked Peak Protein Original Granola	30g	140	7	0.5	0	0	20	16
Bisquick Shake N' Pour Buttermilk Pancake Mix	63g	220	3	1	0.5	0	800	42
Cascadian Farm Honey & Oats Granola	55g	230	6	1	0	0	110	42
Cream of Wheat Hot Cereal	33g	120	0	0	0	0	0	24
Cream of Wheat Maple & Brown Sugar Hot Cereal	35g	130	0	0	0	0	140	28
Cream of Wheat Original Instant Hot Cereal	28g	100	0	0	0	0	160	19
General Mills Apple Cinnamon Cheerios	30g	120	1.5	0	0	0	120	25
General Mills Banana Nut Cheerios	28g	100	1	0	0	0	160	23
General Mills Basic 4 Multigrain Cereal	55g	200	2.5	0.5	0	0	320	43
General Mills Berry Burst Cheerios	27g	100	1	0	0	0	170	22
General Mills Cheerios	28g	100	2	0	0	0	190	20
General Mills Chocolate Chex	32g	130	2.5	0.5	0	0	230	26
General Mills Cinnamon Toast Crunch	31g	130	3	0.5	0	0	220	25
General Mills Cocoa Puffs	27g	110	1.5	0	0	0	150	23
General Mills Cookie Crisp Cereal	26g	100	1	0	0	0	150	22
General Mills Corn Chex	31g	120	0.5	0	0	0	290	26
General Mills Fiber One Caramel Delight Cereal	50g	180	3	0	0	0	260	41
General Mills Fiber One Cereal	30g	60	1	0	0	0	105	25
General Mills Fiber One Frosted Wheat	60g	200	1	0	0	0	0	49
General Mills Fiber One Honey Clusters Cereal	52g	160	1.5	0	0	0	280	42
General Mills Fiber One Raisin Bran	55g	170	1	0	0	0	260	45
General Mills Frosted Cheerios	28g	110	1	0	0	0	170	23
General Mills Fruity Cheerios	27g	100	1	0	0	0	135	23
General Mills Honey Nut Cheerios	28g	110	1.5	0	0	0	190	22
General Mills Honey Nut Chex	32g	120	0.5	0	0	0	230	28
General Mills Honey Nut Clusters	57g	210	1	0	0	0	290	49
General Mills Kix	30g	110	1	0	0	0	210	25
General Mills Lucky Charms	27g	110	1	0	0	0	190	22
General Mills Multi Bran Chex	47g	160	1.5	0	0	0	310	39
General Mills Multigrain Cheerios	29g	110	1	0	0	0	200	23
General Mills Oat Cluster Cheerios	27g	100	1	0	0	0	140	22
General Mills Oatmeal Crisp	60g	240	4.5	0.5	0	0	130	47
General Mills Raisin Nut Bran	49g	180	3	0.5	0	0	230	38