



5300 Fulton Drive NW  
Canton, OH 44718

**Caloric Content of Beverages**

Category	Beverages	Serving Size	Calories / Serving
Alcohol	Bloody Mary	10 oz.	264
	Martini	4 oz.	250
	Screwdriver	8 oz.	232
	Gin and Tonic	10 oz.	212
	Regular Beer	12 oz.	135 - 150
	Light Beer	12 oz.	96 - 135
	Gin, Rum, Vodka, Whiskey, Tequila	1.5 oz.	98
	Champagne	4 oz.	95
	Red, Rose' Win	4 oz.	92
	Brandy, Cognac	1 oz.	75
	Milk	Milk Shake	8 oz.
Whole Milk		8 oz.	150
2% Low Fat Milk		8 oz.	120
Skim Milk		8 oz.	90
Imitation Cream, Powdered		1 T.	33
Half & Half Cream		1 T.	20
Soda	Pepsi-Cola	12 oz.	160
	7-Up	12 oz.	144
	Coca-Cola Classic	12 oz.	144
	Schweppes Tonic	12 oz.	128
	Diet 7-UP	12 oz.	4
	Diet Pepsi	12 oz.	1
	Diet Coke	12 oz.	1
	Club Soda	12 oz.	0
	Schweppes Seltzer, Plain & Flavored	12 oz.	0
	Fruit Drink	Ocean Spray Cranberry Juice Cocktail	8 oz.
Ocean Spray Low-Cal Cranberry Juice Cocktail		8 oz.	48
Hi-C Punch		8 oz.	127
Kool-Aid Tropical Punch (pre-sweetened)		8 oz.	90
Kool-Aid Tropical Punch (sugar-free)		8 oz.	4
Crystal Light Citrus Blend		8 oz.	4
Fruit Juice	Del Monte Prune Juice	6 oz.	120
	Dole Pineapple Juice	6 oz.	103
	Welch's Frozen Grape Juice	6 oz.	100
	Citrus Hill Orange Juice	6 oz.	90
	Minute Maid Apple Juice	6 oz.	90
	Fresh Orange Juice	6 oz.	83
	Del Monte Grapefruit Juice	6 oz.	70
	Vegetable Juice	V-8 Vegetable Juice	6 oz.
Campbell's Tomato Juice		6 oz.	30
Tea / Coffee	Lipton Canned Iced Tea, Lemon Flavor	8 oz.	80
	General Foods Int'l Café Vienna*	6 oz.	60
	General Foods Int'l Sugar-Free Café Vienna*	6 oz.	30
	Folger's Instant Coffee*	6 oz.	7
	Taster's Choice, Freeze Dried*	8 oz.	4
	Lipton Tea	8 oz.	2
	Bigelow Herbal Tea	8 oz.	2
	Lipton Sugar-Free Iced Tea	8 oz.	2

\* prepared as directed