

NUTRITION INFORMATION CARDS

<p style="text-align: center;">Energy drink (Monster, NOS)</p> <p>Serving Size: 16 ounces Calories: 200 Sugars: 54 grams (13.5 tsp) Caffeine: 160 mg (Note: some products contain >220 mg)</p>	<p style="text-align: center;">100% fruit juice (orange juice)</p> <p>Serving Size: 16 ounces Calories: 220 Sugars: 48 grams (naturally occurring in the fruit) (12 tsp) Caffeine: 0 mg</p>
<p style="text-align: center;">Regular cola (Coke Classic)</p> <p>Serving Size: 20 ounces Calories: 230 Sugars: 65 grams (16.25 tsp) Caffeine: 57 mg</p>	<p style="text-align: center;">Bottled water</p> <p>Serving Size: 16 ounces Calories: 0 Sugars: 0 grams (0 tsp) Caffeine: 0 mg</p>
<p style="text-align: center;">Low fat white milk (1%)</p> <p>Serving Size: 8 ounces Calories: 100 Sugars: 11 grams (from naturally-occurring lactose) (2.75 tsp) Caffeine: 0 mg</p>	<p style="text-align: center;">Coffee beverage drink (Dunkin Donuts)</p> <p>Serving Size: 13.7 ounces Calories: 260 Sugars: 38 grams (9.5 tsp) Caffeine: 171 mg</p>
<p style="text-align: center;">Fruit drink (V-8 Splash)</p> <p>Serving Size: 16 ounces Calories: 280 Sugars: 68 grams (17 tsp) Caffeine: 0 mg</p>	<p style="text-align: center;">Sports drink (Powerade fruit punch)</p> <p>Serving Size: 20 ounces Calories: 130 Sugars: 34 grams (8.5 tsp) Caffeine: 0 mg</p>