

Name	OZ	Grams of Sugar	Teaspoons	Calories
Coke- Bottle	20	65	16.25	240
Coke- Can	12	29	7.25	140
Dr Pepper- Bottle	20	64	16	250
Dr. Pepper- Can	12	39	9.75	150
Fanta Orange- Can	12	44	11	160
Mt Dew	20	77	19.25	290
Lipton Peach Tea	16.9	25	6.25	100
McDonald's Sweet Tea	32	38	9.5	230
AMP	16	58	14.5	220
Nos	16	50	12.5	220
Monster	16	54	13.5	230
Red Bull	8.4	27	6.75	110
Rockstar	16	63	15.75	260
Iced Latte	12	35	8.75	280
Powerade	32	56	14	200
Gatorade	12/24	21/41	6/10.25	80/160
Hershey's Milk	11	38	9.5	180
Sunny D	6.75	11	2.75	50
Vitamin Water	16.9	22	5.5	80
Water	16	0	0	0