

nutritional values

Beverages

	Average Weight	Energy	Protein	Total Fat	Saturated Fatty Acids	Trans Fatty Acids	Cholesterol	Total Carbohydrate	Dietary Fiber	Sugars	Sodium	Total Vitamin A	Vitamin C	Calcium	Iron	Potassium
Beverages	in gms	KCAL	in gms	in gms	in gms	in gms	in mgms	in gms	in gms	in gms	in mgms	(IU)	in mgms	in mgms	in mgms	in mgms
Strawberry Milkshake (Regular)	270	333	9	7	4.6	0.4	31	58	3	47	95	310	2.8	280	0.5	428
Strawberry Milkshake (Medium)	347	429	11	9	5.9	0.5	40	75	4	61	122	399	3.6	360	0.6	551
Vanilla Milkshake (Regular)	270	346	9	7	4.6	0.4	31	62	2	49	101	310	2.4	275	0.4	393
Vanilla Milkshake (Medium)	347	445	11	9	5.9	0.5	40	79	3	63	130	399	3.0	354	0.5	506
Chocolate Milkshake (Regular)	270	356	9	7	4.7	0.4	31	63	2	45	164	310	2.4	280	2.4	508
Chocolate Milkshake (Medium)	347	458	12	10	6.1	0.5	40	81	3	58	212	399	3.0	360	0.5	653
Coca-Cola (Small)	336	136	0	0	0.0	0.0	NA	34	0	34	6	NA	NA	NA	NA	NA
Coca-Cola (Regular)	448	181	0	0	0.0	0.0	NA	46	0	46	9	NA	NA	NA	NA	NA
Coca-Cola (Medium)	588	237	0	0	0.0	0.0	NA	60	0	60	11	NA	NA	NA	NA	NA
Coca-Cola (Large)	896	362	0	0	0.0	0.0	NA	91	0	91	17	NA	NA	NA	NA	NA
Coca-Cola Light (Small)	336	1	0	0	0.0	0.0	NA	0	0	0	13	NA	NA	NA	NA	NA
Coca-Cola Light (Regular)	448	1	0	0	0.0	0.0	NA	0	0	0	17	NA	NA	NA	NA	NA
Coca-Cola Light (Medium)	588	1	0	0	0.0	0.0	NA	0	0	0	22	NA	NA	NA	NA	NA
Coca-Cola Light (Large)	896	2	0	0	0.0	0.0	NA	1	0	0	34	NA	NA	NA	NA	NA
Sprite (Small)	336	155	0	0	0.0	0.0	NA	36	NA	36	0	NA	NA	NA	NA	NA
Sprite (Regular)	448	206	0	0	0.0	0.0	NA	49	0	49	0	NA	NA	NA	NA	NA
Sprite (Medium)	588	270	0	0	0.0	0.0	NA	64	0	64	0	NA	NA	NA	NA	NA
Sprite (Large)	896	412	0	0	0.0	0.0	NA	97	0	97	0	NA	NA	NA	NA	NA
Fanta Orange (Small)	336	179	0	0	0.0	0.0	NA	45	NA	45	16	NA	NA	NA	NA	NA
Fanta Orange (Regular)	448	239	0	0	0.0	0.0	NA	60	0	60	22	NA	NA	NA	NA	NA
Fanta Orange (Medium)	588	313	0	0	0.0	0.0	NA	79	0	79	28	NA	NA	NA	NA	NA
Fanta Orange (Large)	896	477	0	0	0.0	0.0	NA	121	0	121	43	NA	NA	NA	NA	NA
Fanta Apple (Small)	336	171	0	0	0.0	0.0	NA	43	NA	43	16	NA	NA	NA	NA	NA
Fanta Apple (Regular)	448	228	0	0	0.0	0.0	NA	58	0	58	21	NA	NA	NA	NA	NA
Fanta Apple (Medium)	588	300	0	0	0.0	0.0	NA	76	0	76	28	NA	NA	NA	NA	NA
Fanta Apple (Large)	896	457	0	0	0.0	0.0	NA	115	0	115	42	NA	NA	NA	NA	NA
Orange Juice (Small)	280	114	2	1	ND	ND	0	22	0	25	27	0	0.0	32	0.6	477
Orange Juice (Regular)	448	182	3	2	ND	ND	0	35	0	40	44	0	0.0	51	1.0	763
McFizz Blue Passion	412	245	0	0	0.0	0.0	0	59	0	58	2	0	0.0	0	0.0	0
McFizz Strawberry	412	248	0	0	0.0	0.0	0	59	0	59	2	0	0.0	0	0.0	0
Water	600	0	0	0	0.0	0.0	0	NA	NA	0	10	NA	NA	NA	NA	NA