

## FOOD ZOO ~ HOT DRINKS

	DRINK	SERVING	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)
•	Chocolate Supreme	1 cup (8 fl. oz.)	117	1	26	1
•	Coffee	1 cup (8 fl. oz.)	0	0	0	0
•	Decaf Coffee	1 cup (8 fl. oz.)	0	0	0	0
•	French Vanilla Cappuccino	1 cup (8 fl. oz.)	100	1	19	2.5
•	Swiss Chocolate Almond Coffee	1 cup (8 fl. oz.)	0	0	0	0

## FOOD ZOO ~ JUICE DRINKS

	DRINK	SERVING	CALORIES*	CARBS (g)	% JUICE	VITAMIN C (% DV**)
•	Apple	1 cup (8 fl. oz.)	120	29	100	0
•	Cranapple	1 cup (8 fl. oz.)	150	37	27	130
•	Cranberry	1 cup (8 fl. oz.)	150	36	25	100
•	Grapefruit	1 cup (8 fl. oz.)	110	29	30	130
•	Orange	1 cup (8 fl. oz.)	110	27	100	160
•	Pass-O-Guava	1 cup (8 fl. oz.)	110	27	10	100
•	Raspberry Lemonade	1 cup (8 fl. oz.)	120	30	11	10
•	Kiwi Strawberry	1 cup (8 fl. oz.)	110	26	9	130

## FOOD ZOO ~ SOFT DRINKS

	DRINK	SERVING	CALORIES*	CARBS (g)	CAFFEINE (mg)
•	Barq's Root Beer	1 cup (8 fl. oz.)	120	30	15
•	Coca-Cola	1 cup (8 fl. oz.)	110	27	25
•	Diet Coke	1 cup (8 fl. oz.)	0	0	25
•	Hi-C Fruit Punch	1 cup (8 fl. oz.)	110	28	0
•	Mello Yello	1 cup (8 fl. oz.)	115	29	31
•	Minute Maid Lemonade	1 cup (8 fl. oz.)	105	26	0
•	Nestea	1 cup (8 fl. oz.)	1	0	13
•	Pibb Xtra	1 cup (8 fl. oz.)	105	26	27
•	Powerade	1 cup (8 fl. oz.)	75	19	2
•	Sprite	1 cup (8 fl. oz.)	105	26	0
•	Vanilla Coke	1 cup (8 fl. oz.)	110	28	23

## FOOD ZOO ~ MILK

	MILK	SERVING	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	CALCIUM (% DV**)
•	2%	1 cup (8 fl. oz.)	120	8	12	5	30
•	Chocolate	1 cup (8 fl. oz.)	180	8	26	5	30
•	Skim	1 cup (8 fl. oz.)	85	8	12	0	30
•	Soy	1 cup (8 fl. oz.)	80	6	7	3	40
•	Whole	1 cup (8 fl. oz.)	150	8	12	8	30

\*These drinks are fat-free and contain less than 1 gram of protein.

\*\* DV = Daily Value