One Day of Beverages

110 Calories
Orange Juice
(8 oz.)

240 Calories
Regular Cola
(20 oz.)

260 Calories
Mocha
(16 oz.)

260 Calories
Juice Drink
(16 oz.)

150 Calories
Beer
(12 oz.)

140 Calories
Sweet Tea
(16 oz.)

1160 Calories

Health Matters
healthmatters.idaho.gov

Nutrition Facts are based on information from MyFoodDiary.com