

## YELLOW BEVERAGES - DRINK OCCASIONALLY

Brand Distributor	Beverage Type	Serving Size	Serving Unit (oz)	Sugar (g)
A&W Distributing	A&W Diet Root Beer	8	oz	0
	Adirondack Lemon Fruit Flavored Spring			
Adirondack Waters	Water	8	oz	0
Adirondack Waters	Adirondack Lime Fruit Flavored Spring Water	8	oz	0
	Adirondack Raspberry Fruit Flavored Spring			
Adirondack Waters	Water	8	oz	0
	Adirondack Strawberry Fruit Flavored Spring			
Adirondack Waters	Water	8	oz	0
	Adirondack White Grape Fruit Flavored Spring			
Adirondack Waters	Water	8	oz	0
Apple and Eve	Apple & Eve Apple Juice	8	oz	22
Apple and Eve	Apple & Eve Cranberry Raspberry	8	oz	26
Apple and Eve	Apple & Eve Berry Medley	10	oz	27
Arizona (or Coca-Cola)	Arizona Arnold Palmer Zero	8	oz	0.5
Celsius Holdings	Celsius Sparkling Orange	12	oz	0
Coca-Cola	Coca-Cola Zero	8	oz	0
Coca-Cola	Dasani Grape Water	8	oz	0
Coca-Cola	Dasani Lemon Water	8	oz	0
Coca-Cola	Dasani Raspberry Water	8	oz	0
Coca-Cola	Dasani Strawberry Water	8	oz	0
Coca-Cola	Diet Barq's	8	oz	0
Coca-Cola	Diet Coke	8	oz	0
Coca-Cola	Diet Coke Caffeine Free	8	oz	0
Coca-Cola	Diet Coke- Lime	12	oz	0
Coca-Cola	Fanta Orange Zero	8	oz	0
Coca-Cola	Fresca	12	oz	0
Coca-Cola	Gold Peak Diet Iced Tea	12	oz	0
Coca-Cola	Monster Absolutely Zero Energy Drink	8	oz	0
Coca-Cola	Powerade Zero - Fuit Punch	8	oz	0
Coca-Cola	Powerade Zero - Mixed Berry	8	oz	0
Coca-Cola	Powerade Zero - Strawberry	8	oz	0

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Coca-Cola	Powerade Zero Grape	12	OZ	0
Coca-Cola	Powerade Zero Grape	12	OZ	0
Coca-Cola	Sprite zero	12	OZ	0
Coca-Cola	Tab	12	OZ	0
Coca-Cola	Fuze Tropical Punch	16.9	OZ	1
Coca-Cola	Fuze Slenderize Blueberry Raspberry	16.9	OZ	3
Coca-Cola	Fuze Slenderize Pomegranate Acai Berry			3
Coca-Cola	Fuze Slenderize Strawberry Melon	16.9	OZ	3
Coca-Cola	V8 Original Vegetable Juice	8	OZ	7
Coca-Cola	V8 Spicy Hot Vegetable Juice	8	OZ	8
Coca-Cola	Minute Maid Grapefruit Juice	8.4	OZ	21
Coca-Cola	Minute Maid Grape			23
Coca-Cola	Minute Maid Orange Juice	8	OZ	24
Coca-Cola	V8 Fusion Strawberry Banana Juice	8	OZ	24
Coca-Cola	Minuet Maid Apple Juice	10	OZ	32
Coca-Cola	V8 Fusion Pomegranate Blueberry	12	OZ	33
Coca-Cola	Minute Maid Mixed Berry	8	OZ	34
Coca-Cola	Fuze Diet Lemon Iced Tea	16.9	OZ	
Cornucopia Beverages/Moxie				
Beverage Company	Diet Moxie Soda	8	OZ	0
Country Pure Foods	Ardmore 100% Apple Juice	4	OZ	13
Country Pure Foods	Ardmore Farms 100% Fruit Juice Blend	4	OZ	13
Dean Foods	TruMoo Chocolate Fat Free Milk	8	OZ	18
Dr. Pepper Snapple Group	Diet 7UP	8	OZ	0
Dr. Pepper Snapple Group	Diet Dr. Pepper	20	OZ	0
Dr. Pepper Snapple Group	Diet Schweppes Ginger Ale	8	OZ	0
Dr. Pepper Snapple	Diet Snapple "Trop-a-Rocka"	16	OZ	0

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Group				
Dr. Pepper Snapple Group	Diet Snapple Lemon Tea	16	oz	0
Dr. Pepper Snapple Group	Diet Snapple Raspberry Tea	16	oz	0
Dr. Pepper Snapple Group	Snapple Diet Peach Iced Tea	16	oz	0
Dr. Pepper Snapple Group	Nantucket Nectars Premium Orange	8	oz	26
Dr. Pepper Snapple Group	Nantucket Nectars Pressed Apple Juice	8	oz	26
Dr. Pepper Snapple Group	Nantucket Nectars Pomengrante Cherry	8	oz	27
Dr. Pepper Snapple Group	Nantucket Nectars Pineapple Orange Banana	8	oz	33
Dr. Pepper Snapple Group	Snapple 100% Juiced Green Apple	11.5	oz	39
Dr. Pepper Snapple Group	Snapple 100% Juice Orange Mango	11.5	oz	40
Dr. Pepper Snapple Group	Snapple 100% Juiced Grape	11.5	oz	41
Garelick Farms (or Dean Foods)	Garelick 1%Trumoo Lowfat Chocolate	8	oz	22
Garelick Farms (or Dean Foods)	Garlick Orange Juice	14	oz	37
Garelick Farms (or Dean Foods)	Garelick Apple Juice	14	oz	47
Guida's Dairy	Guida's Chocolate Fat Free Healthy Moo	8	oz	20
Guida's Dairy	Guida's Strawberry Fat Free Healthy Moo	8	oz	20
Hood	Hood 100% orange juice	8	oz	30
Nestle	Nestea Diet Iced Tea Lemon	8	oz	0

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Brand Distributor	Beverage Type	Serving Size	Serving Unit (oz)	Sugar (g)
Nestle	Nestle Purelife Acai Grape	8	OZ	0
Nestle	Nestle Purelife Lemon Splash	8	OZ	0
Nestle	Nestle Purelife Orange Splash	8	OZ	0
Nestle	Nestle Purelife Raspberry Splash			0
Nestle	Nestle PureLife Wild Berry Splash	8	OZ	0
Nestle	Juicy Juice Fruit Punch	8	OZ	26
Oakhurst	Oakhurst Orange Juice	8	OZ	26
Ocean Spray or Pepsico	Ocean Spray 100% Apple	8	OZ	25
Odwalla or Coca-Cola	Odwalla Orange Juice	12	OZ	35
Odwalla or Coca-Cola	Odwalla Strawberry Banana Fruit Smoothie	12	OZ	38
Odwalla or Coca-Cola	Odwalla Apple Juice	12	OZ	39
Organic Valley	Organic Valley Low Fat Chocolate Milk	8	OZ	22
Organic Valley	Organic Valley Vanilla Lowfat Milk	8	OZ	23
Pepsico	aquafina citrus splash	8	OZ	0
Pepsico	Aquafina Flavor Splash Grape	8	OZ	0
Pepsico	Aquafina Flavor Splash Raspberry	8	OZ	0
Pepsico	Aquafina Flavor Splash Wild Berry	8	OZ	0
Pepsico	Caffeine Free Diet Pepsi	7.5	OZ	0
Pepsico	Diet Crush Orange Soda	20	OZ	0
pepsico	Diet Mountain Dew	12	OZ	0
Pepsico	Diet Mug Root Beer	12	OZ	0
Pepsico	Diet Pepsi	8	OZ	0
Pepsico	Diet Pepsi Cherry	12	OZ	0
Pepsico	Diet Sierra Mist	20	OZ	0
Pepsico	Pepsi Max	8	OZ	0
Pepsico	Pepsi One	12	OZ	0
Pepsico	Propel Zero - Berry	8	OZ	0
Pepsico	Propel Zero Grape	8	OZ	0
Pepsico	Propel Zero Kiwi Strawberry	8	OZ	0
Pepsico	Propel Zero Orange	8	OZ	0
Pepsico	Rockstar Energy Drink	12	OZ	0

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Pepsico	Rockstar Energy Drink, Zero Carb	8	OZ	0
Pepsico	Rockstar Sugar Free Energy Drink	8	OZ	0
Pepsico	Sierra Mist Free	8	OZ	0
Pepsico	Rockstar Recovery Lemonade Energy Drink	8	OZ	1
Pepsico	Sobe Lifewater Acai Raspberry	8	OZ	4
Pepsico	Gatorade G2 Blueberry Pomegranate	8	OZ	5
Pepsico	Gatorade G2 Glacier Freeze	8	OZ	5
Pepsico	Gatorade G2 Grape	8	OZ	5
Pepsico	Gatorade G2 Lemon Lime	8	OZ	5
Pepsico	Gatorade G2 Low Calorie Fruit Punch	8	OZ	5
Pepsico	Gatorade G2 Orange	8	OZ	5
Pepsico	SoBe Lifewater Mango Mandarin	8	OZ	8
	Sobe LifeWater Pacific Coconut with Coconut			
Pepsico	Water	8	OZ	8
Pepsico	Izze Black Raspberry	12	OZ	11
Pepsico	Brisk Strawberry Melon	20	OZ	16
Pepsico	Tropicana 100% Grapefruit Juice	8	OZ	17
Pepsico	Tropicana Orange Juice no pulp	8	OZ	22
Pepsico	Tropicana Orange Juice some pulp	8	OZ	22
Pepsico	Naked Juice Strawberry Banana Smoothie	8	OZ	23
Pepsico	Dole Plus 100% Apple Juice	8	OZ	25
Pepsico	Naked Orange Mango Juice	8	OZ	27
Pepsico	Dole Plus 100% Orange Juice	10	OZ	28
	Naked Blue Machine Boosted 100% Juice			
Pepsico	Smoothie	8	OZ	29
Pepsico	Dole Plus Fruit Juice	10	OZ	32
Pepsico	Naked Pomegranate Blueberry Juice	8	OZ	32
Pepsico	Dole Plus 100% Grape Juice	8	OZ	36
Pepsico	Tropicana 100% Juice - Apple	12	OZ	41
Pepsico	Tropicana Apple Orchard Style	12	OZ	41
Pepsico (or Cyto Sport)	Muscle Milk Chocolate	10	OZ	2

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Pepsico (or Cyto Sport)	Muscle Milk Vanilla Crème	10	OZ	2
Pepsico (or Cyto Sport)	Muscle Milk Strawberries 'N Crème	14	OZ	3
Pepsico (or Mountain Dew)	AMP Energy Boost Original Sugar Free	8	OZ	0
Polar	Polar Diet Ginger Ale	8	OZ	0
Red Bull	Red Bull Sugarfree Energy Drink	3.4	OZ	0
Red Bull	Red Bull Total Zero	8.4	OZ	0
Red Bull	Red Bull Zero Calories	3.4	OZ	0
Summit Road Distributing	5 Hour Energy	1.93	OZ	0
Sunny Delight	Fruit2O Grape	8	OZ	0
Sunny Delight	Fruit2O Grape	16	OZ	0
Sunny Delight	Fruit2O Natural Lemon	16	OZ	0
Sunny Delight	Fruit2O Natural Orange	16	OZ	0
Sunny Delight	Fruit2O Raspberry	16	OZ	0
Sunny Delight	Fruit2O Strawberry	16	OZ	0
Sunny Delight (or Kraft Foods)	Veryfine Apple Juice	11.5	OZ	41
Sunny Delight (or Kraft Foods)	Veryfine - Apple Strawberry	11.5	OZ	43
Sunny Delight (or Kraft Foods)	Veryfine - Grape	11.5	OZ	43
Sunny Delight (or Kraft Foods)	Veryfine - Krazy Kiwi	11.5	OZ	43
Sunny Delight (or Kraft Foods)	Veryfine - Twisted Cherry	11.5	OZ	48
Sunny Delight (or Kraft Foods)	Veryfine Pink Lemonade	11.5	OZ	48
Talking Rain	Sparkling Ice Grapefruit	8	OZ	0
Talking Rain	Sparkling ICE Lemonade	8	OZ	0
Talking Rain	Sparkling Ice Pomegranate Berry	8	OZ	0

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Taste Nirvana	Taste Nirvana Real Coconut Water	16.2	OZ	15
The Switch	Switch Apple	8.3	OZ	28
The Switch	Switch Fruit Punch	8.3	OZ	28
The Switch	Switch Grape	8.3	OZ	28
The Switch	Switch Lemon Lime	8.3	OZ	28
The Switch	Switch Watermelon Strawberry	8.3	OZ	28
The Switch	Switch Black Cherry	8.3	OZ	29
The Switch	Switch Kiwi Berry	8.3	OZ	29
The Switch	Switch Orange Tangerine	8.3	OZ	29
Unilever	Lipton Diet Green Tea	8	OZ	0
Unilever	Lipton Diet Iced Tea	8	OZ	0
Unilever	Lipton Green Tea Citrus	8	OZ	0
unknown	Pure Protein Shake Cookies 'n Crème	11	OZ	1
unknown	Pure Protein Shake Frosty Chocolate	11	OZ	1
unknown	Pure Protien Shake Banana Cream	11	OZ	1
unknown	Pure Protien Shake Vanilla Cream	11	OZ	1
unknown	Big Burst Blue Raspberry Drink	8	OZ	8
unknown	Big Burst Grape Drink	8	OZ	8
unknown	Big Burst Orange Drink	8	OZ	8
unknown	Neuro Sonic Nutritional Supplement	14.5	OZ	9
unknown	Suncup 100% Pure Orange Juice From Concentrate	4	OZ	12
unknown	Rosati's Cry Baby Sour Apple	4	OZ	25
unknown	Rosati's Cry Baby Sour Cherry	4	OZ	25
unknown	Rosati's Typhoon Blue Raspberry/Lemonade	4	OZ	25
unknown	frozen cappuccino	8	OZ	7
Various	Cool Tropics Rips! 100% Juice Slush Cool Blue Razz	4	OZ	19
Various	Cool Tropics Rips! 100% Juice Slush Dragon Punch	4	OZ	19
Various	Cool Tropics Rips! 100% Juice Slush Kiwi	4	OZ	19

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	Strawberry			
Various	Cool Tropics Rips! 100% Juice Slush Orange			
	Mango	4	OZ	19
	Cool Tropics 100% Juice Slush Green Monster			
Various	Melon	8	OZ	30
Welch's	Welch's Grape	8	OZ	36
Welch's	Welch's 100% Apple Juice	8	OZ	39
Welch's	Welch's 100% Orange Juice	8	OZ	40
White Wave Foods	Silk Original Soymilk	8	OZ	6
White Wave Foods	Silk Chocolate Soy Milk	8	OZ	22
Xenergy	Xenergy Cherry Lime Energy Drink	8	OZ	0