

Helpful Beverage Facts:

Coffee and Tea Facts:

16-oz. white chocolate mocha	510 calories
16-oz. latte with whole milk	260 calories
16-oz. latte with nonfat milk	160 calories
16 ounces black coffee	10 calories
16 ounces black tea	2 calories

Juice Facts:

8 ounces pomegranate juice	160 calories
8 ounces cranberry juice	140 calories
8 ounces fruit punch	120 calories
8 ounces orange juice	110 calories

Milk Facts:

8 ounces low-fat chocolate milk	150 calories
8 ounces whole milk	150 calories
8 ounces 2% milk	130 calories
8 ounces 1% milk	120 calories
8 ounces nonfat milk	90 calories

Alcohol Facts:

12 ounces beer	120-180 calories
12 ounces light beer	70-125 calories
2 ounces daiquiri	112 calories
1 shot (1.5 ounces) 80-proof rum	100 calories
4 ounces red or white wine	80 calories

Water Facts:

16 ounces water	0 calories
16 ounces artificially sweetened flavored water	0 calories
16 ounces vitamin- or nutrient-enhanced water	varies; up to 100