Sugar Content of Sugary Drinks by Brand
Compiled by the California Center for Public Health Advocacy, 2011

Manufacturer	Type	Beverage	Sugar Content (grams per 12 oz)
Coca-Cola	Carbonated Soft Drink	Fanta Orange	52.5
Coca-Cola	Carbonated Soft Drink	Barq's Floatz	51.0
Coca-Cola	Carbonated Soft Drink	Fanta Apple	49.5
Coca-Cola	Carbonated Soft Drink	Fanta Grape	49.5
Coca-Cola	Carbonated Soft Drink	Fanta Pineapple	49.5
Coca-Cola	Carbonated Soft Drink	Fanta Red Tangerine	49.5
Coca-Cola	Carbonated Soft Drink	Fanta Strawberry	49.5
Coca-Cola	Teas	Nestea Southern Style Iced Tea	49.0
Coca-Cola	Carbonated Soft Drink	Fanta Berry	48.0
Coca-Cola	Carbonated Soft Drink	Mello Yello	48.0
Coca-Cola	Carbonated Soft Drink	Mello Yello Cherry	48.0
Coca-Cola	Carbonated Soft Drink	Mello Yello Melon	48.0
Coca-Cola	Carbonated Soft Drink	Fanta Blue Raspberry	48.0
Coca-Cola	Hybrid Energy Sodas	Vault	48.0
Coca-Cola	Carbonated Soft Drink	Barq's Red Crème Soda	46.5
Coca-Cola	Carbonated Soft Drink	Barq's Root Beer	45.0
Coca-Cola	Carbonated Soft Drink	Barq's French Vanilla Crème Soda	45.0
Coca-Cola	Carbonated Soft Drink	Fanta Lemon	45.0
Coca-Cola	Carbonated Soft Drink	Fanta Pink Grapefruit	45.0
Coca-Cola	Carbonated Soft Drink	Fanta Birch Beer	45.0
Coca-Cola	Fruit Drink	Fruitopia Strawberry Passion	45.0
Coca-Cola	Fruit Drink	Hi-C Orange Lavaburst	45.0
Coca-Cola	Fruit Drink	Minute Maid Limeade	45.0
Coca-Cola	Carbonated Soft Drink	Fanta Peach	43.5
Coca-Cola	Carbonated Soft Drink	Fanta Black Cherry	43.5
Coca-Cola	Energy Drinks	Full Throttle	43.5
Coca-Cola	Energy Drinks	Full Throttle Fury	43.5
Coca-Cola	Energy Drinks	Full Throttle Blue Demon	43.5
Coca-Cola	Carbonated Soft Drink	Cherry Coke	42.0
Coca-Cola	Carbonated Soft Drink	Red Flash	42.0
Coca-Cola	Carbonated Soft Drink	Vanilla Coke	42.0
Coca-Cola	Carbonated Soft Drink	Fanta Cherry	42.0
Coca-Cola	Carbonated Soft Drink	Fanta Punch	42.0
Coca-Cola	Carbonated Soft Drink	Fanta Red	42.0
Coca-Cola	Fruit Drink	Hi-C Flashin' Fruit Punch	42.0
Coca-Cola	Carbonated Soft Drink	Coca Cola Classic	40.5
Coca-Cola	Carbonated Soft Drink	Caffeine Free Coca-Cola Classic	40.5
Coca-Cola	Carbonated Soft Drink	Coca-Cola with Lime	40.5
Coca-Cola	Carbonated Soft Drink	Manzana Mia	40.5
Coca-Cola	Energy Drinks	Full Throttle Coffee + Energy Mocha	40.5
Coca-Cola	Carbonated Soft Drink	Inca Kola	39.0
Coca-Cola	Carbonated Soft Drink	Pibb Xtra	39.0
Coca-Cola	Carbonated Soft Drink	Sprite	39.0
Coca-Cola	Fruit Drink	Minute Maid Lemonade	39.0
Coca-Cola	Carbonated Soft Drink	Fanta Citrus	37.5
Coca-Cola	Carbonated Soft Drink	Northern Neck Ginger Ale	36.0
Coca-Cola	Carbonated Soft Drink	Carver's Ginger Ale	36.0
Coca-Cola	Energy Drinks	Full Throttle Coffee + Energy Vanilla	36.0
Coca-Cola	Energy Drinks	Full Throttle Coffee + Energy Carmel	36.0
Coca-Cola	Fruit Drink	Hi-C Poppin' Pink Lemonade	36.0
Coca-Cola	Carbonated Soft Drink	Fanta Ginger Ale	35.0
Coca-Cola	Teas	Nestea Sweetened Lemon Iced Tea	34.5
Coca-Cola	Teas	Nestea Citrus Green Tea	34.5
Coca-Cola	Teas	Nestea White Tea Berry Honey	34.5
Coca-Cola	Teas	Nestea Honey Lemon Green Tea	33.0
Coca-Cola	Teas	Nestea COOL	33.0
Coca-Cola	Carbonated Soft Drink	Fanta Kiwi Strawberry	32.0
Coca-Cola	Teas	Nestea Lemon Sweet	31.5
Coca-Cola	Teas	Nestea Raspberry	31.5
Coca-Cola	Energy Drinks	Full Throttle Hydration + Energy Tropical Mix	27.0
Coca-Cola	Teas	Nestea Sweetened	25.5
Coca-Cola	Teas	Nestea Decaffeinated Sweetened Tea	25.5
Coca-Cola	Sports Drinks	Arctic Shatter	22.0

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Coca-Cola	Sports Drinks	Fruit Punch	22.0
Coca-Cola	Sports Drinks	Grape	22.0
Coca-Cola	Sports Drinks	Green Squall	22.0
Coca-Cola	Sports Drinks	Lemon-Lime	22.0
Coca-Cola	Sports Drinks	Mountain Blast	22.0
Coca-Cola	Sports Drinks	Orange	22.0
Coca-Cola	Sports Drinks	Strawberry Lemonade	22.0
Coca-Cola	Carbonated Soft Drink	Coca-Cola Blak	18.0
Dr. Pepper Snapple Group	Carbonated Soft Drink	Sunkist Grape Soda	52.5
Dr. Pepper Snapple Group	Carbonated Soft Drink	Sunkist Orange Soda	49.5
Dr. Pepper Snapple Group	Carbonated Soft Drink	Sunkist Pineapple Soda	49.5
Dr. Pepper Snapple Group	Carbonated Soft Drink	IBC Cream Soda	48.0
Dr. Pepper Snapple Group	Carbonated Soft Drink	IBC Black Cherry	48.0
Dr. Pepper Snapple Group	Carbonated Soft Drink	A & W Root Beer	46.5
Dr. Pepper Snapple Group	Carbonated Soft Drink	Hires Root Beer	45.0
Dr. Pepper Snapple Group	Carbonated Soft Drink	A & W Crème Soda	45.0
Dr. Pepper Snapple Group	Carbonated Soft Drink	IBC Root Beer	43.0
Dr. Pepper Snapple Group	Carbonated Soft Drink	Dr. Pepper	40.5
Dr. Pepper Snapple Group	Carbonated Soft Drink	Cherry 7 Up	39.0
Dr. Pepper Snapple Group	Carbonated Soft Drink	7 Up	37.5
Dr. Pepper Snapple Group	Carbonated Soft Drink	Schweppes Dry Grape Ginger Ale	37.5
Dr. Pepper Snapple Group	Carbonated Soft Drink	Schweppes Raspberry Ginger Ale	37.5
Dr. Pepper Snapple Group	Carbonated Soft Drink	Canada Dry Ginger Ale	36.0
Dr. Pepper Snapple Group	Carbonated Soft Drink	Canada Dry Green Tea Ginger Ale	36.0
Dr. Pepper Snapple Group	Fruit Drink	Country Time Lemonade	36.0
Dr. Pepper Snapple Group	Carbonated Soft Drink	Canada Dry Tonic Water	34.5
Dr. Pepper Snapple Group	Teas	Snapple Lemon Iced Tea	34.5
Dr. Pepper Snapple Group	Carbonated Soft Drink	Schweppes Ginger Ale	33.0
Dr. Pepper Snapple Group	Carbonated Soft Drink	Schweppes Tonic Water	33.0
Dr. Pepper Snapple Group	Teas	Snapple Green Tea Citurs Fusion	33.0
Dr. Pepper Snapple Group	Carbonated Soft Drink	Dr. Pepper Cherry Vanilla	25.0
Dr. Pepper Snapple Group	Teas	Snapple White Tea Nectarine	22.5
Dr. Pepper Snapple Group	Teas	Snapple Green Tea Original	22.5
Dr. Pepper Snapple Group	Teas	Snapple Antioxidant Water-Grape Pomegranate	19.5
Dr. Pepper Snapple Group	Teas	Snapple Black Tea Earl Grey	12.0
Pepsi	Energy & Vitamin Supplement	AMP Energy Shot*	54.0
Pepsi	Teas	Lipton Brisk - Raspberry	52.5
Pepsi	Carbonated Soft Drink	Tropicana Twister Soda - Orange	52.0
Pepsi	Teas	Lipton Brisk - Green	51.0
Pepsi	Carbonated Soft Drink	Slice - Grape	50.0
Pepsi	Carbonated Soft Drink	Slice - Peach	50.0
Pepsi	Carbonated Soft Drink	Tropicana Twister Soda - Grape	50.0
Pepsi	Energy & Vitamin Supplement	No Fear	49.5
Pepsi	Energy & Vitamin Supplement	No Fear Motherload	49.5
Pepsi	Energy & Vitamin Supplement	SoBe Adrenaline Rush	49.5
Pepsi	Teas	Lipton Brisk - Lemon	49.5
Pepsi	Carbonated Soft Drink	Slice - Orange	48.0
Pepsi	Carbonated Soft Drink	Mug Cream Soda	47.0
Pepsi	Dairy-Based Drinks (SoBe)	SoBe Liz Blizz	46.5
Pepsi	Carbonated Soft Drink	Mountain Dew	46.0
Pepsi	Carbonated Soft Drink	Caffeine Free Mountain Dew	46.0
Pepsi	Carbonated Soft Drink	Mountain Dew Code Red	46.0
Pepsi	Carbonated Soft Drink	Mountain Dew Live Wire	46.0
Pepsi	Carbonated Soft Drink	Mountain Dew Voltage	46.0
Pepsi	Dairy-Based Drinks (SoBe)	SoBe Black and Blue Berry Brew	45.0
Pepsi	Dairy-Based Drinks (SoBe)	SoBe Lizard Lava	45.0
Pepsi	Dairy-Based Drinks (SoBe)	SoBe Lizard Fuel	43.5
Pepsi	Energy & Vitamin Supplement	AMP Energy	43.5
Pepsi	Energy & Vitamin Supplement	AMP Energy - Elevate	43.5
Pepsi	Energy & Vitamin Supplement	AMP Energy - Lightning	43.5
Pepsi	Energy & Vitamin Supplement	AMP Energy - Overdrive	43.5
Pepsi	Energy & Vitamin Supplement	AMP Energy - ReLaunch	43.5
Pepsi	Energy & Vitamin Supplement	AMP Energy - Traction	43.5
Pepsi	Teas	SoBe Nirvana	43.5
Pepsi	Carbonated Soft Drink	Mug Root Beer	43.0

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Pepsi	Carbonated Soft Drink	Slice - Strawberry	43.0
Pepsi	Carbonated Soft Drink	Tropicana Twister Soda - Strawberry	43.0
Pepsi	Carbonated Soft Drink	Manzanita Sol	42.0
Pepsi	Carbonated Soft Drink	Pepsi Wild Cherry	42.0
Pepsi	Carbonated Soft Drink	Sierra Mist Cranberry Splash	42.0
Pepsi	Coffees	Starbucks Frappuccino - Dark Chocolate Mocha	42.0
Pepsi	Carbonated Soft Drink	Pepsi	41.0
Pepsi	Carbonated Soft Drink	Caffeine Free Pepsi	41.0
Pepsi	Coffees	Starbucks Frappuccino - Coffee	40.5
Pepsi	Coffees	Starbucks Frapp - Dark Chocolate Raspberry Mocha	40.5
Pepsi	Teas	SoBe Energy	40.5
Pepsi	Teas	SoBe Power	40.5
Pepsi	Carbonated Soft Drink	Sierra Mist	39.0
Pepsi	Coffees	Starbucks Frappuccino - Caramel	39.0
Pepsi	Coffees	Starbucks Frappuccino - Mocha	39.0
Pepsi	Coffees	Starbucks Frappuccino - Vanilla	39.0
Pepsi	Carbonated Soft Drink	Pepsi Natural	38.0
Pepsi	Energy & Vitamin Supplement	AMP Energy with Black Tea	37.5
Pepsi	Energy & Vitamin Supplement	AMP Energy with Green Tea	37.5
Pepsi	Teas	SoBe Yumberry Pomegranate	37.5
Pepsi	Dairy-Based Drinks (SoBe)	SoBe Tsunami	36.0
Pepsi	Teas	Lipton Brisk - Raspberry	35.0
Pepsi	Energy & Vitamin Supplement	No Fear Bloodshot	34.5
Pepsi	Teas	Lipton Brisk - Green	34.0
Pepsi	Teas	Lipton Brisk - Lemon	33.0
Pepsi	Coffees	Starbucks DoubleShot Coffee Drink	31.5
Pepsi	Coffees	Starbucks Iced Coffee	24.0
Pepsi	Coffees	Starbucks DoubleShot Energy - Cinnamon Dulce	22.5
Pepsi	Sports Drinks	Gatorade G - Berry	22.0
Pepsi	Sports Drinks	Gatorade G - Fruit Punch	22.0
Pepsi	Sports Drinks	Gatorade G - Grape	22.0
Pepsi	Sports Drinks	Gatorade G - Ice Punch	22.0
Pepsi	Sports Drinks	Gatorade G - Lemon Lime	22.0
Pepsi	Sports Drinks	Gatorade G - Orange	22.0
Pepsi	Sports Drinks	Gatorade G - Strawberry	22.0
Pepsi	Coffees	Starbucks DoubleShot Energy - Coffee	21.0
Pepsi	Coffees	Starbucks DoubleShot Energy - Mocha	21.0
Pepsi	Coffees	Starbucks DoubleShot Energy - Vanilla	21.0
Pepsi	Coffees	Starbucks Frappuccino - Mocha Lite	13.5
Pepsi	Sports Drinks	G2 - Grape	10.0
Pepsi	Sports Drinks	G2 - Orange	10.0
Pepsi	Sports Drinks	G2 - Strawberry Kiwi	10.0
Pepsi	Coffees	Starbucks DoubleShot Light Coffee Drink	9.0
Pepsi	Coffees	Starbucks Iced Coffee Light	4.5
Pepsi	Sports Drinks	Propel Fit Water - Berry	3.0
Pepsi	Sports Drinks	Propel Fit Water - Grape	2.0
Pepsi	Teas	SoBe Lean Diet Energy	1.5

RED = Carbohydrate content (sugar content not available)

Sources: http://www.drpeppersnapplegroup.com/brands/
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http://www.pepsiproductfacts.com/infobycategory.php