

ROUNDED NUTRITION INFORMATION FOR FOUNTAIN BEVERAGES

Source: PepsiCoBeverageFacts.com [Last updated on January 11, 2017]

Customer Name: GPM Investments, LLC

Other Identifier:

Nutrition information assumes no ice.

**20 Fluid Ounces with no ice.**

	Calories	Total Fat (g)	Total Carbohydrates (g)	Sugars (g)	Protein (g)	Sodium (mg)
BRISK ICED TEA & LEMONADE	110	0	28	27	0	60
BRISK NO CALORIE PEACH ICED GREEN TEA	5	0	0	0	0	175
BRISK RASPBERRY ICED TEA	130	0	33	33	0	70
BRISK SWEET ICED TEA	130	0	36	36	0	80
BRISK UNSWEETENED NO LEMON ICED TEA	0	0	0	0	0	75
CAFFEINE FREE DIET PEPSI	0	0	0	0	0	95
DIET MTN DEW	10	0	1	1	0	90
DIET PEPSI	0	0	0	0	0	95
G2 - FRUIT PUNCH	35	0	9	8	0	175
GATORADE FRUIT PUNCH	150	0	40	38	0	280
GATORADE LEMON-LIME	150	0	40	35	0	265
GATORADE ORANGE	150	0	40	38	0	295
LIPTON BREWED ICED TEA GREEN TEA WITH CITRUS	180	0	49	48	0	165
LIPTON BREWED ICED TEA SWEETENED	170	0	45	45	0	155
LIPTON BREWED ICED TEA UNSWEETENED	0	0	0	0	0	200
MIST TWST	260	0	68	68	0	55
MTN DEW	270	0	73	73	0	85
MTN DEW CODE RED	290	0	77	77	0	85
MTN DEW KICKSTART - BLACK CHERRY	110	0	27	26	0	90
MTN DEW KICKSTART - ORANGE CITRUS	100	0	27	25	0	95
MTN DEW PITCH BLACK	280	0	75	75	0	80
MUG ROOT BEER	240	0	65	65	0	75
PEPSI	250	0	69	69	0	55
PEPSI WILD CHERRY	260	0	70	70	0	50
SOBE LIFEWATER YUMBERRY POMEGRANATE - 0 CAL	0	0	0	0	0	80

TROPICANA FRUIT PUNCH (FTN)	280	0	75	75	0	60
TROPICANA LEMONADE (FTN)	260	0	67	67	0	260
TROPICANA PINK LEMONADE (FTN)	260	0	67	67	0	260
TROPICANA TWISTER SODA - ORANGE	290	0	76	76	0	60
FRUITWORKS BLUE RASPBERRY FREEZE	140	0	38	38	0	40
FRUITWORKS CHERRY FREEZE	150	0	40	40	0	45
MTN DEW FREEZE	150	0	41	41	0	45
PEPSI FREEZE	150	0	38	38	0	25

\*Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, or dietary fiber.

### 32 Fluid Ounces with no ice.

	Calories	Total Fat (g)	Total Carbohydrates (g)	Sugars (g)	Protein (g)	Sodium (mg)
BRISK ICED TEA & LEMONADE	170	0	45	44	0	95
BRISK NO CALORIE PEACH ICED GREEN TEA	10	0	0	0	0	285
BRISK RASPBERRY ICED TEA	200	0	52	52	0	115
BRISK SWEET ICED TEA	210	0	57	57	0	125
BRISK UNSWEETENED NO LEMON ICED TEA	0	0	0	0	0	120
CAFFEINE FREE DIET PEPSI	0	0	0	0	0	150
DIET MTN DEW	15	0	1	1	0	150
DIET PEPSI	0	0	0	0	0	150
G2 - FRUIT PUNCH	60	0	14	12	0	280
GATORADE FRUIT PUNCH	240	0	64	61	0	450
GATORADE LEMON-LIME	240	0	64	56	0	420
GATORADE ORANGE	240	0	64	61	0	475
LIPTON BREWED ICED TEA GREEN TEA WITH CITRUS	290	0	78	77	0	265
LIPTON BREWED ICED TEA SWEETENED	280	0	73	73	0	250
LIPTON BREWED ICED TEA UNSWEETENED	0	0	0	0	0	315
MIST TWST	410	0	108	108	0	90
MTN DEW	430	0	117	117	0	135
MTN DEW CODE RED	460	0	123	123	0	130
MTN DEW KICKSTART - BLACK CHERRY	170	0	43	41	0	145
MTN DEW KICKSTART - ORANGE CITRUS	170	0	43	40	0	150
MTN DEW PITCH BLACK	450	0	120	120	0	130

MUG ROOT BEER	380	0	104	104	0	120
PEPSI	410	0	110	110	0	85
PEPSI WILD CHERRY	410	0	112	112	0	85
SOBE LIFEWATER YUMBERRY POMEGRANATE - 0 CAL	5	0	1	0	0	125
TROPICANA FRUIT PUNCH (FTN)	450	0	120	120	0	95
TROPICANA LEMONADE (FTN)	410	0	107	107	0	410
TROPICANA PINK LEMONADE (FTN)	410	0	107	107	0	410
TROPICANA TWISTER SODA - ORANGE	460	0	122	122	0	95
FRUITWORKS BLUE RASPBERRY FREEZE	230	0	61	60	0	65
FRUITWORKS CHERRY FREEZE	240	0	64	64	0	70
MTN DEW FREEZE	240	0	65	65	0	75
PEPSI FREEZE	240	0	60	60	0	40

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#### 44 Fluid Ounces with no ice.

	Calories	Total Fat (g)	Total Carbohydrates (g)	Sugars (g)	Protein (g)	Sodium (mg)
BRISK ICED TEA & LEMONADE	230	0	61	60	0	135
BRISK NO CALORIE PEACH ICED GREEN TEA	15	0	0	0	0	390
BRISK RASPBERRY ICED TEA	280	0	72	72	0	160
BRISK SWEET ICED TEA	290	0	79	79	0	175
BRISK UNSWEETENED NO LEMON ICED TEA	5	0	0	0	0	165
CAFFEINE FREE DIET PEPSI	0	0	1	0	0	205
DIET MTN DEW	20	0	2	2	0	205
DIET PEPSI	0	0	1	0	0	205
G2 - FRUIT PUNCH	80	0	19	17	0	385
GATORADE FRUIT PUNCH	330	0	88	84	0	615
GATORADE LEMON-LIME	330	0	88	77	0	580
GATORADE ORANGE	330	0	88	84	0	655
LIPTON BREWED ICED TEA GREEN TEA WITH CITRUS	400	0	107	106	0	360
LIPTON BREWED ICED TEA SWEETENED	380	0	100	100	0	340
LIPTON BREWED ICED TEA UNSWEETENED	0	0	0	0	0	435
MIST TWST	560	0	149	149	0	120

MTN DEW	600	0	161	160	0	185
MTN DEW CODE RED	630	0	170	169	0	180
MTN DEW KICKSTART - BLACK CHERRY	230	0	59	57	0	195
MTN DEW KICKSTART - ORANGE CITRUS	230	0	59	55	0	205
MTN DEW PITCH BLACK	620	0	165	165	0	175
MUG ROOT BEER	530	0	143	143	0	160
PEPSI	560	0	152	151	0	120
PEPSI WILD CHERRY	570	0	155	154	0	115
SOBE LIFEWATER YUMBERRY POMEGRANATE - 0 CAL	10	0	1	0	0	175
TROPICANA FRUIT PUNCH (FTN)	620	0	165	165	0	130
TROPICANA LEMONADE (FTN)	570	0	147	147	0	565
TROPICANA PINK LEMONADE (FTN)	570	0	147	147	0	565
TROPICANA TWISTER SODA - ORANGE	630	0	168	168	0	130
FRUITWORKS BLUE RASPBERRY FREEZE	320	0	83	83	0	90
FRUITWORKS CHERRY FREEZE	330	0	88	88	0	95
MTN DEW FREEZE	330	0	90	89	0	105
PEPSI FREEZE	330	0	83	83	0	55

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#### 24 Fluid Ounces with no ice.

	Calories	Total Fat (g)	Total Carbohydrates (g)	Sugars (g)	Protein (g)	Sodium (mg)
BRISK ICED TEA & LEMONADE	130	0	34	33	0	75
BRISK NO CALORIE PEACH ICED GREEN TEA	5	0	0	0	0	215
BRISK RASPBERRY ICED TEA	150	0	39	39	0	85
BRISK SWEET ICED TEA	160	0	43	43	0	95
BRISK UNSWEETENED NO LEMON ICED TEA	0	0	0	0	0	90
CAFFEINE FREE DIET PEPSI	0	0	0	0	0	115
DIET MTN DEW	10	0	1	1	0	110
DIET PEPSI	0	0	0	0	0	115
G2 - FRUIT PUNCH	45	0	10	9	0	210
GATORADE FRUIT PUNCH	180	0	48	46	0	335
GATORADE LEMON-LIME	180	0	48	42	0	315
GATORADE ORANGE	180	0	48	46	0	355

LIPTON BREWED ICED TEA GREEN TEA WITH CITRUS	220	0	58	58	0	195
LIPTON BREWED ICED TEA SWEETENED	210	0	55	54	0	185
LIPTON BREWED ICED TEA UNSWEETENED	0	0	0	0	0	240
MIST TWST	310	0	81	81	0	65
MTN DEW	330	0	88	88	0	100
MTN DEW CODE RED	340	0	92	92	0	100
MTN DEW KICKSTART - BLACK CHERRY	130	0	32	31	0	110
MTN DEW KICKSTART - ORANGE CITRUS	130	0	32	30	0	110
MTN DEW PITCH BLACK	340	0	90	90	0	95
MUG ROOT BEER	290	0	78	78	0	90
PEPSI	300	0	83	83	0	65
PEPSI WILD CHERRY	310	0	84	84	0	65
SOBE LIFEWATER YUMBERRY POMEGRANATE - 0 CAL	0	0	1	0	0	95
TROPICANA FRUIT PUNCH (FTN)	340	0	90	90	0	70
TROPICANA LEMONADE (FTN)	310	0	80	80	0	310
TROPICANA PINK LEMONADE (FTN)	310	0	80	80	0	310
TROPICANA TWISTER SODA - ORANGE	340	0	92	91	0	70
FRUITWORKS BLUE RASPBERRY FREEZE	170	0	45	45	0	50
FRUITWORKS CHERRY FREEZE	180	0	48	48	0	55
MTN DEW FREEZE	180	0	49	49	0	55
PEPSI FREEZE	180	0	45	45	0	30

\*Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, or dietary fiber.

**25 Fluid Ounces with no ice.**

	Calories	Total Fat (g)	Total Carbohydrates (g)	Sugars (g)	Protein (g)	Sodium (mg)
BRISK ICED TEA & LEMONADE	130	0	35	34	0	75
BRISK NO CALORIE PEACH ICED GREEN TEA	5	0	0	0	0	220
BRISK RASPBERRY ICED TEA	160	0	41	41	0	90
BRISK SWEET ICED TEA	170	0	45	45	0	100
BRISK UNSWEETENED NO LEMON ICED TEA	0	0	0	0	0	95
CAFFEINE FREE DIET PEPSI	0	0	0	0	0	115
DIET MTN DEW	10	0	1	1	0	115

DIET PEPSI	0	0	0	0	0	115
G2 - FRUIT PUNCH	45	0	11	10	0	220
GATORADE FRUIT PUNCH	190	0	50	48	0	350
GATORADE LEMON-LIME	190	0	50	44	0	330
GATORADE ORANGE	190	0	50	48	0	370
LIPTON BREWED ICED TEA GREEN TEA WITH CITRUS	230	0	61	60	0	205
LIPTON BREWED ICED TEA SWEETENED	220	0	57	57	0	195
LIPTON BREWED ICED TEA UNSWEETENED	0	0	0	0	0	245
MIST TWST	320	0	85	85	0	70
MTN DEW	340	0	91	91	0	105
MTN DEW CODE RED	360	0	96	96	0	105
MTN DEW KICKSTART - BLACK CHERRY	130	0	33	32	0	110
MTN DEW KICKSTART - ORANGE CITRUS	130	0	34	32	0	115
MTN DEW PITCH BLACK	350	0	94	94	0	100
MUG ROOT BEER	300	0	81	81	0	90
PEPSI	320	0	86	86	0	65
PEPSI WILD CHERRY	320	0	88	88	0	65
SOBE LIFEWATER YUMBERRY POMEGRANATE - 0 CAL	0	0	1	0	0	100
TROPICANA FRUIT PUNCH (FTN)	350	0	94	94	0	75
TROPICANA LEMONADE (FTN)	320	0	84	83	0	320
TROPICANA PINK LEMONADE (FTN)	320	0	84	83	0	320
TROPICANA TWISTER SODA - ORANGE	360	0	96	95	0	75
FRUITWORKS BLUE RASPBERRY FREEZE	180	0	47	47	0	50
FRUITWORKS CHERRY FREEZE	190	0	50	50	0	55
MTN DEW FREEZE	190	0	51	51	0	60
PEPSI FREEZE	190	0	47	47	0	30

\*Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, or dietary fiber.

Actual calorie counts may vary based on cup fill level, the type and precise amount of ice used, and fountain equipment performance.

Diet beverages contain small amounts of calories that typically round to zero per FDA rules. In larger sizes, these calories may round to more than zero.