Sam’s Club Café

Nutrition & Ingredients

Allergy Alert

Our Club may use some of the following ingredients: peanuts, eggs, soy, tree nuts, wheat, dairy products, fish, shellfish, and/or sesame. Even if these are not listed on the ingredient statement, please be aware that all products may have come in contact with these ingredients.

Café Desserts, Snacks, & Pizza

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- Pretzel with Butter & Salt
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Pizza

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- Pepperoni Pizza
- Pepperoni & Jalapeno Pizza

Desserts

Vanilla Frozen Yogurt
PLU 7838



Nutrition Facts

1 servings per container
Serving size **1 container (261g)**

Amount per serving
Calories **330**

	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 40mg	**13%**
Sodium 230mg	**10%**
Total Carbohydrate 63g	**23%**
Dietary Fiber 0g	**0%**
Total Sugars 53g	
Includes 33g Added Sugars	**66%**
Protein 10g	
Vitamin D 0.1mcg	0%
Calcium 370mg	30%
Iron 0.1mg	0%
Potassium 620mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Pasteurized nonfat milk, pasteurized sweet cream buttermilk, liquid sugar (sugar, water), pasteurized and cultured nonfat milk, corn syrup, whey (milk), cream, nonfat dry milk, contains less than 2% of sweetened pasteurized egg yolks (egg yolks, sugar), mono- and diglycerides, cellulose gum, guar gum, carrageenan, natural and artificial flavors, food starch-modified, pectin.
Contains milk and eggs.

Chocolate Frozen Yogurt
PLU 7838



Nutrition Facts

1 servings per container
Serving size **1 container (261g)**

Amount per serving
Calories **350**

	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 210mg	**9%**
Total Carbohydrate 68g	**25%**
Dietary Fiber 1g	**4%**
Total Sugars 54g	
Includes 36g Added Sugars	**72%**
Protein 10g	
Vitamin D 0mcg	0%
Calcium 350mg	25%
Iron 2.9mg	15%
Potassium 880mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Pasteurized nonfat milk, liquid sugar (sugar, water), pasteurized sweet cream buttermilk, pasteurized and cultured nonfat milk, corn syrup, whey (milk), cream, cocoa processed with alkali, nonfat dry milk, contains less than 1% of mono- and diglycerides, cellulose gum, guar gum, carrageenan, natural and artificial flavors, food starch-modified, pectin.
Contains milk.

Desserts

Frozen Yogurt + 4 Berry Topping
PLU 32002



Nutrition Facts

1 servings per container
Serving size **1 container (342g)**

Amount per serving
Calories **440**

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 40mg	**13%**
Sodium 230mg	**10%**
Total Carbohydrate 87g	**32%**
Dietary Fiber 5g	**18%**
Total Sugars 65g	
Includes 43g Added Sugars	**86%**
Protein 11g	
Vitamin D 0.1mcg	0%
Calcium 400mg	30%
Iron 0.1mg	0%
Potassium 770mg	15%

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Ingredients: Frozen Yogurt: Pasteurized Nonfat Milk, Pasteurized Sweet Cream Buttermilk, Liquid Sugar (Sugar, Water), Pasteurized And Cultured Nonfat Milk, Corn Syrup, Whey (Milk), Cream, Nonfat Dry Milk, Contains Less Than 2% Of Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Mono- And Diglycerides, Cellulose Gum, Guar Gum, Carrageenan, Natural And Artificial Flavors, Food Starch-modified, Pectin.
Topping: Strawberries, Blueberries, Sugar, Blackberries, Raspberry Puree, Blueberry Puree, Strawberry Puree, Food Starch-modified.
Contains Milk And Eggs.

Pretzel w/Butter & Cinnamon Sugar
PLU 35138



Nutrition Facts

1 servings per container
Serving size **1 pretzel (170g)**

Amount per serving
Calories **490**

	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 320mg	**14%**
Total Carbohydrate 91g	**33%**
Dietary Fiber 3g	**11%**
Total Sugars 15g	
Includes 13g Added Sugars	**26%**
Protein 14g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 4.6mg	25%
Potassium 150mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Pretzel Crust: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Less Than 2% Of Vegetable Oil Shortening (Palm Oil, Soy Oil), Yeast, Malted Barley Flour, Wheat Flour, Dextrose, Salt, Baking Soda.
Topping: Butter (Pasteurized Cream, Natural Flavors), Sugar, Cinnamon.
Contains Milk And Wheat.

Desserts

Brownie Sundae

980235225



Nutrition Facts

1 servings per container

Serving size **1 sundae (401g)**

Amount per serving

Calories **900**

	% Daily Value*
Total Fat 27g	**35%**
Saturated Fat 10g	**50%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 500mg	**22%**
Total Carbohydrate 152g	**55%**
Dietary Fiber 2g	**7%**
Total Sugars 123g	
Includes 100g Added Sugars	**200%**
Protein 14g	
Vitamin D 0.2mcg	2%
Calcium 430mg	35%
Iron 2.7mg	15%
Potassium 920mg	20%

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INGREDIENTS: Frozen Yogurt: Pasteurized Nonfat Milk, Pasteurized Sweet Cream Buttermilk, Liquid Sugar (Sugar, Water), Pasteurized And Cultured Nonfat Milk, Corn Syrup, Whey (Milk), Cream, Nonfat Dry Milk, Contains Less Than 2% Of Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Mono- And Diglycerides, Cellulose Gum, Guar Gum, Carrageenan, Natural And Artificial Flavors, Food Starch-modified, Pectin. Brownie: Sugar, Soy Oil, Bleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Cocoa Processed With Alkali, Corn Syrup Solids, Less Than 2% Of: Caramel Color, Corn Syrup, Corn Starch, Egg Whites, High Fructose Corn Syrup, Aluminum Sulfate, Baking Soda, Sodium Aluminum Phosphate, Mono- And Diglycerides, Natural And Artificial Flavor, Skim Milk, Polysorbate 60, Sodium Propionate (Preservative), Sorbic Acid (Preservative), Salt, Soy Lecithin, Yellow Corn Flour. Drizzle Topping: Sugar, Corn Syrup, Sweetened Condensed Skim Milk (Skim Milk, Sugar), Water, Palm Oil, Whey (Milk), Heavy Cream, Less Than 2% Of Citric Acid, Disodium Phosphate, Mono And Diglycerides, Natural And Artificial Flavor, Skim Milk, Pectin, Potassium Sorbate (Preservative), Propylene Glycol Alginate. Contains Milk, Eggs, Wheat And Soy.

Snacks

Hot Dog with Bun
PLU 7836



Nutrition Facts

1 servings per container

Serving size **1 order (179g)**

Amount per serving

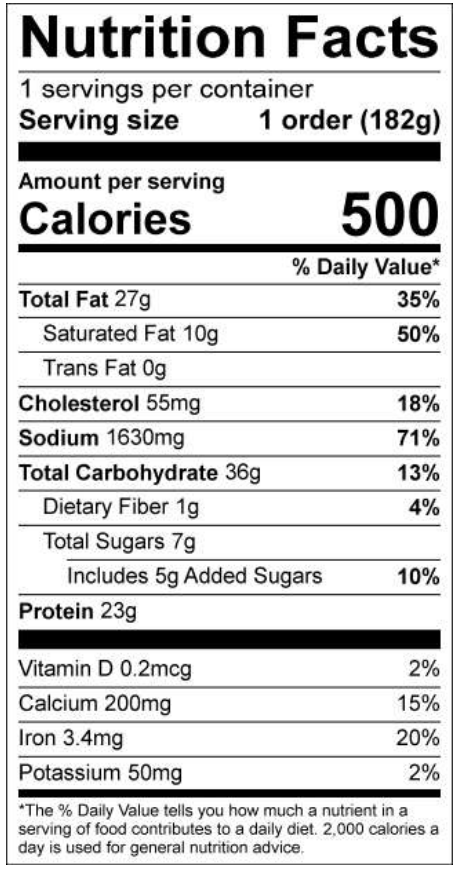
Calories **500**

	% Daily Value*
Total Fat 30g	**38%**
Saturated Fat 12g	**60%**
Trans Fat 2g	
Cholesterol 65mg	**22%**
Sodium 1410mg	**61%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 1g	**4%**
Total Sugars 7g	
Includes 7g Added Sugars	**14%**
Protein 20g	
Vitamin D 0.2mcg	2%
Calcium 100mg	8%
Iron 3.5mg	20%
Potassium 500mg	10%

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Ingredients: Hot Dog Sausage: Beef, Water, Corn Syrup Solids, Salt, Sugar, Hydrolyzed Corn Protein Blend (Hydrolyzed Corn Protein, Dextrose, Safflower Oil), Mustard Seed Powder, Sodium Phosphates, Potassium Chloride, Garlic Powder, Paprika, Coriander, Onion Powder, Sodium Erythorbate, Nutmeg, White Pepper, Sodium Nitrite, Oleoresin Rosemary, Oleoresin Black Pepper, Coriander Oil. Hot Dog Bun: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Corn Syrup, Yeast, Sugar, Less Than 2% Of Soy Oil, Salt, Wheat Gluten, Calcium Propionate (Preservative), Mono- And Diglycerides, Ascorbic Acid, Sorbic Acid (Preservative), Monocalcium Phosphate, Ammonium Sulfate, Enzymes, Turmeric, Yellow Corn Flour, Paprika, Natural Flavor, Distilled Monoglycerides, Citric Acid, Hydrogenated Cottonseed Oil, Soy Lecithin. Contains Sesame, Wheat And Soy.

Club 6675 Hot Dog with Bun



Nutrition Facts

1 servings per container

Serving size **1 order (182g)**

Amount per serving

Calories **500**

	% Daily Value*
Total Fat 27g	**35%**
Saturated Fat 10g	**50%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 1630mg	**71%**
Total Carbohydrate 36g	**13%**
Dietary Fiber 1g	**4%**
Total Sugars 7g	
Includes 5g Added Sugars	**10%**
Protein 23g	
Vitamin D 0.2mcg	2%
Calcium 200mg	15%
Iron 3.4mg	20%
Potassium 50mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Hot Dog Sausage: Pork, Beef, Water, Salt, Corn Syrup Solids, Dextrose, Ground Mustard Seeds, Paprika, Sodium Phosphate, Onion Powder, Spices, Sodium Erythorbate, Natural Flavors, Extractives Of Paprika, Sodium Nitrite (Preservative). Hot Dog Bun: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Less Than 2% Of Yeast, Soy Oil, Salt, Wheat Gluten, Calcium Propionate (Preservative), Mono- And Diglycerides, Ascorbic Acid, Sorbic Acid (Preservative), Monocalcium Phosphate, Ammonium Sulfate, Turmeric Color, Enzymes, Yellow Corn Flour, Paprika Color, Natural Flavor, Distilled Monoglycerides, Citric Acid, Soy Lecithin. Contains Sesame, Wheat And Soy.

Snacks

Pretzel w/Butter & Salt

PLU 35138



Nutrition Facts

1 servings per container

Serving size **1 pretzel (166g)**

Amount per serving

Calories **470**

	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 470mg	**20%**
Total Carbohydrate 87g	**32%**
Dietary Fiber 3g	**11%**
Total Sugars 11g	
Includes 9g Added Sugars	**18%**
Protein 14g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 4.6mg	25%
Potassium 150mg	4%

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Ingredients: Pretzel Crust: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Less Than 2% Of Vegetable Oil Shortening (Palm Oil, Soy Oil), Yeast, Malted Barley Flour, Wheat Flour, Dextrose, Salt, Baking Soda. Topping: Butter (Pasteurized Cream, Natural Flavors), Salt. Contains Milk And Wheat. Contains Bioengineered Food Ingredients.

Pizza Pretzel

PLU 25780



Nutrition Facts

2 servings per container

Serving size **1/2 pretzel (164g)**

Amount per serving

Calories **440**

	% Daily Value*
Total Fat 16g	**21%**
Saturated Fat 9g	**45%**
Trans Fat 0g	
Cholesterol 40mg	**13%**
Sodium 750mg	**33%**
Total Carbohydrate 55g	**20%**
Dietary Fiber 3g	**11%**
Total Sugars 8g	
Includes 6g Added Sugars	**12%**
Protein 19g	
Vitamin D 0.2mcg	2%
Calcium 260mg	20%
Iron 2.9mg	15%
Potassium 280mg	6%

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Ingredients: Pretzel Crust: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Less Than 2% Of Vegetable Oil Shortening (Palm Oil, Soy Oil), Yeast, Dextrose, Wheat Flour, Malted Barley Flour, Salt, Baking Soda. Shredded Mozzarella Cheese: Cultured Pasteurized Milk, Powdered Cellulose, Salt, Enzymes, Natamycin (A Mold Inhibitor). Sauce: Water, Tomato Paste, Sugar, Salt, Spices, Modified Cornstarch, Citric Acid, Garlic Purée. Pepperoni: Pork, Beef, Salt, 2% Or Less Of: Dextrose, Spices, Lactic Acid Starter Culture, Oleoresin Of Paprika, Natural Flavors, Dehydrated Granulated Garlic, Sodium Nitrite (Preservative), BHA (Preservative), BHT (Preservative), Citric Acid (Preservative).
Contains Milk And Wheat

Pizza

Hot Bake 4 Meat Pizza

PLU 25801

Nutrition Facts

5 servings per container

Serving size **1 slice (261g)**

Amount per serving

Calories **660**

	% Daily Value*
Total Fat 33g	**42%**
Saturated Fat 12g	**60%**
Trans Fat 0g	
Cholesterol 90mg	**30%**
Sodium 1690mg	**73%**
Total Carbohydrate 61g	**22%**
Dietary Fiber 4g	**14%**
Total Sugars 6g	
Includes 3g Added Sugars	**6%**
Protein 32g	
Vitamin D 1.2mcg	6%
Calcium 260mg	20%
Iron 4.3mg	25%
Potassium 660mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Dough (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Canola Oil, Contains 2% Or Less Of Yeast, Sugar, Salt, Olive Oil), Sauce (Water, Tomato Paste, Sugar, Salt, Spices, Modified Cornstarch, Citric Acid, Garlic Purée) Shredded Low Moisture Mozzarella Cheese (Low Moisture Mozzarella Cheese [Cultured Pasteurized Milk, Salt, Enzymes], Powdered Cellulose, Natamycin [Mold Inhibitor]), Cooked Spicy Italian Style Sausage (Pork, Water, Spices, Romano Cheese Made From Cow's Milk [Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes] Salt, Corn Syrup Solids, Paprika, Dehydrated Garlic, Dextrose, Flavoring, Lemon Juice Powder [Corn Syrup Solids, Lemon Juice Solids, Lemon Oil], Disodium Inosinate, Disodium Guanylate), Diced Ham (Ham, Water, 2% Or Less Of: Sugar, Salt, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite [Preservative], Sodium Phosphates), Bacon Crumbles (Pork Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pepperoni (Pork, Beef, Salt, 2% Or Less Of: Dextrose, Spices, Lactic Acid Starter Culture, Oleoresin Of Paprika, Natural Flavors, Granulated Garlic, Sodium Nitrite, BHA , BHT , Citric Acid). Contains: Milk, Wheat. Contains A Bioengineered Food Ingredient.

Hot Bake Cheese Pizza

PLU 9299



Nutrition Facts

5 servings per container

Serving size **1 slice (268g)**

Amount per serving

Calories **670**

	% Daily Value*
Total Fat 29g	**37%**
Saturated Fat 15g	**75%**
Trans Fat 1g	
Cholesterol 70mg	**23%**
Sodium 1370mg	**60%**
Total Carbohydrate 72g	**26%**
Dietary Fiber 6g	**21%**
Total Sugars 6g	
Includes 3g Added Sugars	**6%**
Protein 32g	
Vitamin D 0.9mcg	4%
Calcium 600mg	45%
Iron 4mg	20%
Potassium 450mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Dough (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Canola Oil, Contains 2% Or Less Of Yeast, Sugar, Salt, Olive Oil), Shredded Low Moisture Mozzarella Cheese (Low Moisture Mozzarella Cheese [Cultured Pasteurized Milk, Salt, Enzymes], Powdered Cellulose, Natamycin [Mold Inhibitor]), Sauce (Water, Tomato Paste, Sugar, Salt, Spices, Modified Cornstarch, Citric Acid, Garlic Purée) Contains: Milk, Wheat.

Pizza

Hot Bake Pepperoni Pizza
PLU 9029



Nutrition Facts

5 servings per container

Serving size **1 slice (246g)**

Amount per serving

Calories **650**

	% Daily Value*
Total Fat 30g	**38%**
Saturated Fat 13g	**65%**
Trans Fat 1g	
Cholesterol 60mg	**20%**
Sodium 1500mg	**65%**
Total Carbohydrate 70g	**25%**
Dietary Fiber 5g	**18%**
Total Sugars 6g	
Includes 3g Added Sugars	**6%**
Protein 27g	
Vitamin D 1.3mcg	6%
Calcium 320mg	25%
Iron 4.4mg	25%
Potassium 480mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Dough (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Canola Oil, Contains 2% Or Less Of Yeast, Sugar, Salt, Olive Oil), Sauce (Water, Tomato Paste, Sugar, Salt, Spices, Modified Cornstarch, Citric Acid, Garlic Purée), Shredded Low Moisture Mozzarella Cheese (Low Moisture Mozzarella Cheese [Cultured Pasteurized Milk, Salt, Enzymes], Powdered Cellulose, Natamycin [A Mold Inhibitor]), Pepperoni (Pork, Beef, Salt, 2% Or Less Of: Dextrose, Spices, Lactic Acid Starter Culture, Oleoresin Of Paprika, Natural Flavors, Granulated Garlic, Sodium Nitrite, BHA [Preservative], BHT [Preservative], Citric Acid).
Contains: Milk, Wheat

Hot Bake Pepperoni & Jalapeno Pizza
PLU 28004



Nutrition Facts

5 servings per container

Serving size **1 slice (256g)**

Amount per serving

Calories **650**

	% Daily Value*
Total Fat 30g	**38%**
Saturated Fat 13g	**65%**
Trans Fat 1g	
Cholesterol 60mg	**20%**
Sodium 1570mg	**68%**
Total Carbohydrate 70g	**25%**
Dietary Fiber 5g	**18%**
Total Sugars 6g	
Includes 3g Added Sugars	**6%**
Protein 27g	
Vitamin D 1.3mcg	6%
Calcium 340mg	25%
Iron 4.4mg	25%
Potassium 480mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Dough (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Canola Oil, Contains 2% Or Less Of Yeast, Sugar, Salt, Olive Oil), Sauce (Water, Tomato Paste, Sugar, Salt, Spices, Modified Cornstarch, Citric Acid, Garlic Purée), Shredded Low Moisture Mozzarella Cheese (Low Moisture Mozzarella Cheese [Cultured Pasteurized Milk, Salt, Enzymes], Powdered Cellulose, Natamycin [A Mold Inhibitor]), Pepperoni (Pork, Beef, Salt, 2% Or Less Of: Dextrose, Spices, Lactic Acid Starter Culture, Oleoresin Of Paprika, Natural Flavors, Granulated Garlic, Sodium Nitrite, BHA,, BHT, Citric Acid), Sliced Jalapeno Peppers (Jalapeno Peppers, Water, Distilled Vinegar, Salt, Calcium Chloride, Natural Flavor).
Contains: Milk, Wheat

Café Drinks

Table of Contents

Brisk Raspberry Iced Tea

Dr. Pepper

Diet Dr. Pepper

Mtn Dew

Pepsi

Diet Pepsi

Pepsi Zero Sugar

Sierra Mist

Tropicana Fruit Punch

Tropicana Lemonade

Tropicana Pink Lemonade

Dr. Pepper

Nutrition Facts	
1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 360	
Total Fat	0g
Sodium	110mg
Total Carbohydrate	98g
Total Sugars	96g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Caffeine, Sodium Benzoate (Preservative), Natural And Artificial Flavors, Dimethylpolysiloxane.

Brisk Raspberry Iced Tea

Nutrition Facts	
1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 170	
Total Fat	0g
Sodium	120mg
Total Carbohydrate	45g
Total Sugars	45g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Water, High Fructose Corn Syrup, Citric Acid, Natural Flavor, Black Tea Powder, Caramel Color, Citrus Pectin, Sodium Benzoate (Preserves Freshness), Potassium Sorbate (Preserves Freshness), Acesulfame Potassium, Sucralose, Red 40

Nutrition Facts	
1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 0	
Total Fat	0g
Sodium	180mg
Total Carbohydrate	<1g
Total Sugars	0g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Diet Dr. Pepper

Ingredients: Carbonated Water, Caramel Color, Phosphoric Acid, Aspartame, Sodium Citrate, Sodium Benzoate (Preservative), Caffeine, Acesulfame Potassium, Sucralose, Natural And Artificial Flavors, Dimethylpolysiloxane.

Nutrition Facts	
1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 420	
Total Fat	0g
Sodium	130mg
Total Carbohydrate	110g
Total Sugars	110g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Mtn Dew

Ingredients: Carbonated Water, Sugar, Concentrated Orange Juice, Citric Acid, Natural Flavor, Sodium Benzoate (Preserves Freshness), Caffeine, Sodium Citrate, Gum Arabic, Erythorbic Acid (Preserves Freshness), Calcium Disodium Edta (To Protect Flavor), Yellow 5

Sierra Mist

Nutrition Facts	
1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 380	
Total Fat	0g
Sodium	80mg
Total Carbohydrate	101g
Total Sugars	101g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Carbonated Water, High Fructose Corn Syrup, Citric Acid, Natural Flavor, Potassium Citrate, Potassium Benzoate (Preserves Freshness), Calcium Disodium EDTA (To Protect Flavor)

Pepsi Zero Sugar

Nutrition Facts	
1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 0	
Total Fat	0g
Sodium	160mg
Total Carbohydrate	<1g
Total Sugars	0g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Carbonated Water, Caramel Color, Phosphoric Acid, Sodium Citrate, Aspartame, Caffeine, Acesulfame Potassium, Natural Flavor, Potassium Sorbate (Preserves Freshness), Sucralose, Citric Acid, Sodium Benzoate (Preserves Freshness)

Pepsi

Nutrition Facts	
1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 380	
Total Fat	0g
Sodium	80mg
Total Carbohydrate	103g
Total Sugars	103g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Carbonated Water, High Fructose Corn Syrup, Caramel Color, Sugar, Phosphoric Acid, Caffeine, Citric Acid, Natural Flavor

Diet Pepsi

Nutrition Facts	
1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 0	
Total Fat	0g
Sodium	140mg
Total Carbohydrate	0g
Total Sugars	0g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Carbonated Water, Caramel Color, Phosphoric Acid, Sodium Citrate, Sucralose, Potassium Benzoate (Preserves Freshness), Acesulfame Potassium, Caffeine, Natural Flavor, Citric Acid, Calcium Disodium Edta (To Protect Flavor)

Tropicana Lemonade

Nutrition Facts	
1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 380	
Total Fat	0g
Sodium	390mg
Total Carbohydrate	100g
Total Sugars	99g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Water, High Fructose Corn Syrup, Citric Acid, Sodium Citrate, Clarified Lemon Juice Concentrate, Gum Arabic, Sodium Benzoate (Preserves Freshness), Glycerol Ester Of Rosin, Natural Flavor, Potassium Sorbate (Preserves Freshness), Calcium Disodium Edta (To Protect Flavor), Yellow 5

Tropicana Pink Lemonade

Nutrition Facts	
1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 380	
Total Fat	0g
Sodium	390mg
Total Carbohydrate	100g
Total Sugars	99g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Water, High Fructose Corn Syrup, Citric Acid, Natural And Artificial Flavor, Potassium Citrate, Phosphoric Acid, Green Tea, Sodium Polyphosphates (To Protect Flavor), Ascorbic Acid (To Protect Flavor), Gum Arabic, Potassium Sorbate (Preserves Freshness), Citrus Pectin, Acesulfame Potassium, Glycerol Ester Of Rosin, Sucralose, Red 40, Blue 1