

Protein Dictionary

Sugars, Sweets, Beverages

All protein values are in grams.

Sugars, Sweets

Sugar	
1 cup	0
1 teaspoon	0
1 lump, 2 cubes	0
1 individual packet	0
Sugar, white, granulated or lump	
1 cup	0
1 teaspoon	0
1 lump, 2 cubes	0
1 individual packet	0
Sugar, white, confectioner's, powdered	
1 cup	0
1 teaspoon	0
Sugar, brown	
1 cup	0.3
1 teaspoon	0
1 cup, packed	0.3
1 teaspoon, packed	0
1 cup, unpacked	0.2
1 teaspoon, unpacked	0
1 teaspoon, brownulated	0
Sugar, maple	
1 teaspoon	0
1 piece (1-3/4" x 1-1/4" x 1/2")	0
Sugar, cinnamon	
1 cup	0.6
1 teaspoon	0
Sugar, raw	
1 cup	0.2
1 teaspoon	0
1 individual packet	0
Fructose sweetener, sugar substitute, dry powder	
1 teaspoon	0
1 cup	0
1 individual packet	0
Sugar substitute, sugar-aspartame blend, dry powder	
1 teaspoon	0
1 individual packet	0
Sucralose-based sweetener, sugar substitute	
1 teaspoon	0
1 individual packet	0
Sugar substitute, herbal extract sweetener, powder	
1 teaspoon	0
1 individual packet	0

Sugar substitute, herbal extract sweetener, liquid	
1 teaspoon	0
1 drop	0
Sugar substitute, low-calorie, powdered	
1 teaspoon	0.1
1 individual packet	0
Sugar substitute, saccharin-based, dry powder	
1 teaspoon	0
1 individual packet	0
Brown sugar substitute, saccharin-based, dry powder	
1 teaspoon	0
Sugar substitute, saccharin-based, dry powder and tablets	
1 teaspoon	0
1 individual packet	0
1 tablet (1/2 grain)	0
Sugar substitute, saccharin-based, liquid	
1 teaspoon	0
1 drop	0
Sugar substitute, aspartame-based, dry powder	
1 teaspoon	0.1
1 individual packet	0
1 tablet	0
Syrup	
1 cup	0
1 tablespoon	0
Pancake syrup	
1 cup	0
1 tablespoon	0
1 individual packet	0
Cane and corn pancake syrup	
1 cup	0
1 tablespoon	0
Corn syrup, light or dark	
1 cup	0
1 tablespoon	0
Buttered blends syrup	
1 cup	0.1
1 tablespoon	0
Fruit syrup	
1 cup	0.1
1 tablespoon	0
Maple syrup (100% maple)	
1 cup	0
1 tablespoon	0
1 individual packet	0

Chocolate syrup, thin type		
1 cup		6.3
1 tablespoon		0.4
Chocolate syrup, thin type, light		
1 cup		3.9
1 tablespoon		0.2
Sorghum syrup		
1 cup		0
1 tablespoon		0
Sugar (white) and water syrup		
1 cup		0
1 tablespoon		0
Sugar, carmelized		
1 cup		0.3
1 tablespoon		0
Fruit flavored syrup used for milk beverages		
1 cup		0
1 tablespoon		0
Sugar (brown) and water syrup		
1 cup		0.1
1 tablespoon		0
Maple and corn and/or cane pancake syrup blends		
1 cup		0
1 tablespoon		0
1 individual packet		0
Syrup, pancake, reduced calorie		
1 cup		0
1 tablespoon		0
Honey		
1 cup		1
1 tablespoon		0.1
1 individual packet		0
Molasses		
1 cup		0
1 tablespoon		0
Sugar, brown, liquid		
1 cup		0.3
1 tablespoon		0
Chocolate gravy		
1 cup		8.7
1 tablespoon		0.5

Topping, butterscotch or caramel		
1 cup		0.6
1 tablespoon		0
Topping, chocolate, thick, fudge type		
1 cup		15.6
1 tablespoon		1
Topping, fruit		
1 cup		0.6
1 tablespoon		0
Topping, marshmallow		
1 cup		0.8
1 tablespoon		0
Hard sauce		
1 cup		0.4
1 tablespoon		0
Topping, nut (wet)		
1 cup		14.8
1 tablespoon		0.9
Topping, peanut butter, thick, fudge type		
1 cup		23.7
1 tablespoon		1.5
Topping, fruit, unsweetened		
1 cup		1.3
1 tablespoon		0.1
Topping, chocolate flavored hazelnut spread		
1 tablespoon		0.8
Topping, milk chocolate with cereal		
1 tablespoon		0.9
1 tub		1.9
Topping, chocolate, hard coating		
1 cup		14.3
1 tablespoon		0.9
Icing, chocolate		
1 cup		3.1
1 tablespoon		0.2
Icing, white		
1 cup		0.8
1 tablespoon		0
Syrup, dietetic		
1 cup		1.9
1 tablespoon		0.1
Topping, dietetic		
1 cup		4.7
1 tablespoon		0.3

Sweet and sour sauce		
1 cup		0.9
1 tablespoon		0.1
1 container (from fast food restaurant)		0.1
Fruit sauce		
1 cup		1
1 tablespoon		0.1
Raisin sauce		
1 cup		1.1
1 tablespoon		0.1
Plain dessert sauce		
1 cup		0.1
1 tablespoon		0
Duck sauce		
1 cup		1.3
1 tablespoon		0.1
1 packet		0
Plum sauce, Oriental-style		
1 cup		2
1 tablespoon		0.1
Jelly, all flavors		
1 cup		0.4
1 tablespoon		0
1 individual packet		0
Jam, preserves, all flavors		
1 cup		1.7
1 tablespoon		0.1
1 individual packet		0.1
Fruit butter, all flavors		
1 cup		1.1
1 tablespoon		0.1
Marmalade, all flavors		
1 cup		1
1 tablespoon		0.1
1 individual packet		0
Jelly, dietetic, all flavors, sweetened with artificial sweetener		
1 cup		0.9
1 tablespoon		0.1
Jelly, reduced sugar, all flavors		
1 cup		0.9
1 tablespoon		0.1

Jams, preserves, marmalades, dietetic, all flavors, sweetened with artificial sweetener

1 cup	0.7
1 tablespoon	0

Jams, preserves, marmalades, sweetened with fruit juice concentrates, all flavors

1 cup	3.5
1 tablespoon	0.2

Jams, preserves, marmalades, low sugar (all flavors)

1 cup	1.3
1 tablespoon	0.1

Guava paste

1 tablespoon	0
1 cubic inch	0
1 medium piece	0
1 small piece	0

Sweetpotato paste

1 cubic inch	0.1
--------------	-----

Bean paste, sweetened

1 cup	18.2
1 teaspoon	0.4

Chinese preserved sweet vegetable

1 slice	0
---------	---

Gelatin powder, sweetened, dry

1 tablespoon	0.9
--------------	-----

Gelatin dessert

1 cup	2.9
1 cubic inch	0.2
1 package (3 oz) yields	6.6
1 snack size (3.5 oz)	1.2

Gelatin snacks

1 cubic inch	0.5
1 jiggle (2" square)	1

Gelatin dessert with fruit

1 cup	2.6
1 cubic inch	0.2
1 snack size (3.5 oz)	1.1

Gelatin dessert with whipped cream

1 cup	2.8
-------	-----

Gelatin dessert with fruit and whipped cream

1 cup	2.7
-------	-----

Gelatin dessert with cream cheese

1 cup	4
1 cubic inch	0.3

Gelatin dessert with sour cream		
1 cup		3.7
1 cubic inch		0.3
Gelatin dessert with fruit and sour cream		
1 cup		3.5
1 cubic inch		0.2
Gelatin dessert with fruit and cream cheese		
1 cup		3.3
1 cubic inch		0.2
Gelatin dessert with fruit, vegetable, and nuts		
1 cup		3.4
1 cubic inch		0.2
Gelatin salad with vegetables		
1 cup		2.7
1 cubic inch		0.2
Gelatin dessert with fruit and whipped topping		
1 cup		3.5
1 cubic inch		0.2
Gelatin dessert with fruit and vegetables		
1 cup		2.4
1 cubic inch		0.2
Gelatin powder, dietetic, sweetened with low calorie sweetener, dry		
1 tablespoon		1.4
Gelatin dessert, dietetic, sweetened with low calorie sweetener		
1 cup		0.8
1 cubic inch		0.1
1 snack size (3.5 oz)		0.3
Gelatin dessert, dietetic, with fruit, sweetened with low calorie sweetener		
1 cup		1.3
1 cubic inch		0.1
Gelatin dessert, dietetic, with whipped topping, sweetened with low calorie sweetener		
1 cup		1.9
1 cubic inch		0.1
Gelatin dessert, dietetic, with cream cheese, sweetened with low calorie sweetener		
1 cup		3.1
1 cubic inch		0.2
Gelatin dessert, dietetic, with sour cream, sweetened with low calorie sweetener		
1 cup		3.1
1 cubic inch		0.2

Gelatin dessert, dietetic, with fruit and sour cream, sweetened with low calorie sweetener

1 cup	5.2
1 cubic inch	0.3

Gelatin dessert, dietetic, with fruit and cream cheese, sweetened with low calorie sweetener

1 cup	2.8
1 cubic inch	0.2

Gelatin dessert, dietetic, with fruit and vegetable(s), sweetened with low calorie sweetener

1 cup	2.3
1 cubic inch	0.2

Gelatin salad, dietetic, with vegetables, sweetened with low calorie sweetener

1 cup	0.6
1 cubic inch	0

Gelatin dessert, dietetic, with fruit and whipped topping, sweetened with low calorie sweetener

1 cup	2.1
1 cubic inch	0.1

Danish dessert pudding

1 cup	0.2
-------	-----

Yookan (Yokan), a Japanese dessert made with bean paste and sugar

1 oz	0.3
------	-----

Coconut cream cake, Puerto Rican style (Bien me sabe)

1 tablespoon	0.4
--------------	-----

Pineapple custard, Puerto Rican style (Flan de pina)

1 cup	14.8
1 piece (3-1/4" x 2" x 1")	6.8
1 custard cup	6.8

Haupia (coconut pudding)

1 cup	4.2
1 piece	0.5

Gelatin, frozen, whipped, on a stick

1 bar (pop)	0.6
-------------	-----

Ice, fruit

1 cup	0.8
-------	-----

Ice pop

1 Kool Pop	0
1 fl oz	0
1 Life Savers Flavor Pops	0
1 double stick	0
1 single stick	0
1 Mr. Freeze Freezer Bar	0
1 Fla-Vor-Ice	0

Ice pop filled with ice cream, all flavor varieties	
1 Disney Cream Pop	0.7
1 cream pop	0.7
Ice pop, sweetened with low calorie sweetener	
1 fl oz	0
1 single stick	0
Snow cone, slurps	
1 cup	0.7
1 fl oz	0.1
1 medium slurpee (16 fl oz cup)	1.3
1 snow cone	0.8
1 small slurpee (10 fl oz cup)	1.1
1 large slurpee (22 fl oz cup)	1.8
1 extra large slurpee (32 fl oz cup)	2.7
Candy	
1 bar	0
1 piece	0
1/2 cup	0
M&M's Almond Chocolate Candies	
1 cup	14.7
1 piece	0.3
Almonds, chocolate covered	
1 almond	0.5
1 cup	30
Almonds, sugar-coated	
1 box (1.25 oz)	3.5
1 cup, sugar-coated	19.5
1 cup, Jordan	19.5
1 piece	0.3
Almonds, yogurt-covered	
1 almond	0.5
1 cup	24.1
Butterscotch morsels	
1 piece	0
Caramel, chocolate-flavored roll	
1 piece	0.1
1 midgee roll (.23 oz)	0.1
1 roll (1.25 oz)	0.6
1 roll (2.25 oz)	1
1 snack size bar	0.2

Caramel, flavor other than chocolate	
1 cubic inch	1.1
1 cup	10.1
1 piece	0.5
1 package (2.125 oz)	2.8
1 package (1.875 oz)	2.4
1 sucker, junior size (.4 oz)	0.5
1 sucker (2 oz)	2.7
Caramel, with nuts	
1 piece	0.3
Caramel candy, chocolate covered	
1 bar (1.2 oz)	1.8
1 bar (2 oz)	3
1 bar (5 oz)	7.5
1 bar	2.4
1 bar (1.38 oz)	2.1
1 box (1.25 oz)	1.9
1 box (1.2 oz)	1.8
1 cup	5.4
1 package	2.4
1 piece	1.7
1 sucker (1.4 oz)	2.1
1 sucker (.8 oz)	1.2
Caramel with nuts and cereal, chocolate covered	
1 oz	1.9
Caramel with nuts, chocolate covered	
1 bar (2 oz)	5.3
1 bite size	1.2
1 bar (1.16 oz)	3.1
1 bar (1.6 oz)	4.3
1 piece	4.8
1 miniature	1.9
1 fun size bar	1.6
1 turtle	1.8
Rolo	
1 piece	0.3
1 package (1.91 oz)	2.7
Caramel, all flavors, sugar free	
1 piece	0.2
Toblerone, milk chocolate with honey and almond nougat	
1 piece	0.6
1 package (3.52 oz)	7
TWIX Caramel Cookie Bars	
1 package (2.06 oz, 2 bars)	2.8
1 fun size bar	0.8
1 miniature bar	0.5
1 king size package (3.35 oz, 4 bars)	4.7

TWIX Chocolate Fudge Cookie Bars	
1 package (1.57 oz)	3.3
TWIX Peanut Butter Cookie Bars	
1 package (1.89 oz, 2 bars)	5
1 package (2.06 oz, 2 bars)	5.3
Whatchamacallit	
1 bar	3.9
Nuts, carob-coated	
1 oz	4.5
1 cup	27.2
Espresso coffee beans, chocolate-covered	
1 cup	11.9
1 package (4 oz)	8.4
10 beans	1.2
Milk chocolate candy, plain	
1 ball	0.4
1 cup, morsels	12.9
1 Big Block bar (2.2 oz)	4.7
1 cubic inch	1.4
1 bag (37 pieces, 6 oz)	13
1 bar (1.4 oz)	3.1
1 bar (1.125 oz)	2.4
1 bar (1.45 oz)	3.1
1 cup	12.4
1 bar (5 oz)	10.9
1 piece	0.6
1 miniature bar	0.6
1 large bar (21 squares, 4 oz)	8.6
1 large bar (28 squares, 6 oz)	13
1 large bar (21 squares, 6 oz)	13
1 bar (1.55 oz)	3.4
1 egg (1 oz)	2.1
1 egg	0.4
1 egg, solid (1" x 1/2")	0.4
1 egg, hollow (2" x 1")	1.1
1 king size	5.6
1 small hollow (4" or less)	3.2
1 medium hollow (4-1/2" to 7")	10.1
1 large hollow (7-1/2" to 11")	14.8
1 small solid (2-1/2" or less)	0.6
1 medium solid (3" to 5-1/2")	5.1
1 large solid (6" to 8")	15.3

Milk chocolate candy, with cereal	
1 bar (1.2 oz)	2.6
1 bar (1.45 oz)	3.1
1 Big Block bar (2.2 oz)	4.7
1 ball	0.2
1 bar (1.313 oz)	2.8
1 Big Block bar (2.2 oz)	4.7
1 cup	8.6
1 piece	2.6
1 large bar (21 squares, 4 oz)	8.6
1 extra large bar (32 squares, 8 oz)	17.3
1 miniature bar	0.6
1 large bar (28 squares, 6 oz)	13
1 fun size bar	1.1
1 pack (2 oz)	4.4
1 fun size package	1
1 bar (1.55 oz)	3.4
1 egg	0.5
1 large bar (7 oz)	15.1

Kit Kat	
1 bar (1.5 oz)	2.8
1 bar (1.4 oz)	2.6
1 miniature bar (.35 oz)	0.7
1 snack size bar	1
1 king size	5.1
1 Kit Kat Bite	0.2
1 cup, Bites	9.2

Chocolate, milk, with nuts, not almond or peanuts	
1 bar	2.9
1 cup	16.2
1 bar (2 oz)	5
1 piece	1
1 piece	0.3
1 individually wrapped piece (1.15 oz)	2.9
1 large bar (24 squares, 6 oz)	14.8
1 piece	1.1

Milk chocolate candy, with fruit and nuts	
1 bar	2.5
1 bar (5 oz)	10.8
1 piece	0.8
1 large bar (24 squares, 6 oz)	12.9
1 individually wrapped piece (1.15 oz)	2.5
1 square	0.3

Milk chocolate candy, with almonds	
1 bar (1.45 oz)	3.7
1 Big Block bar (2.2 oz)	5.6
1 bar (5 oz)	12.8
1 cup	14.2
1 piece	1
1 miniature bar (.5 oz)	1.3
1 large bar (21 squares, 4 oz)	10.2
1 extra large bar (32 squares, 8 oz)	20.4
1 large bar (28 squares, 6 oz)	15.3
1 bag (9 oz)	23

Chocolate, milk, with peanuts	
1 bar	4.4
1 bar (1.5 oz)	4.4
1 bar (1.65 oz)	4.8
1 Big Block bar (2.2 oz)	6.3
1 piece	1.1
1 individually wrapped piece (1.15 oz)	3.4
1 large bar (21 squares, 4 oz)	11.5
1 miniature bar (.35 oz)	1
1 extra large bar (32 squares, 8 oz)	23.2
1 king size bar	7.6

Chocolate candy with fondant and caramel	
1 bar (1.06 oz)	1.7

Chocolate, semi-sweet morsel	
1 cup, semi-sweet	7.1
1 cubic inch	0.9
1 cup, large chips	7.6
1 cup, mini chips	7.3
1 cup	7.1
1 cup, Toll House	7.4
1 morsel	0
1 piece	0

Chocolate, sweet or dark	
1 bar (1.45 oz)	1.6
1 bar (1.45 oz)	1.6
1 bar (2.2 oz)	2.4
1 miniature bar	0.3
1 large bar (21 squares, 4 oz)	4.4
1 extra large bar (32 squares, 8 oz)	8.9
1 miniature bar	0.3
1 piece	0.3
1 bar (5 squares, 1.3 oz)	1.4

Chocolate, white	
1 piece	0.3

Chocolate, white, with almonds	
1 bar (1.313 oz)	3.1

Chocolate, white, with cereal	
1 bar	2.6
1 nugget	0.5
1 snack size bar	1
1 large bar	11.8
Mexican chocolate (tablet)	
1 cup, crushed	6.6
1 tablet (3 oz)	3.1
Coconut candy, chocolate covered	
1 bar (1.6 oz)	2.1
1 bar (1.75 oz)	2.3
1 bar (1.65 oz)	2.2
1 piece (.5 oz)	0.6
1 miniature bar	0.6
1 medium egg (4 oz)	5.2
1 large egg (5 oz)	6.5
1 fun size bar	0.9
1 snack size bar	0.9
1 small egg (1 oz)	1.3
Coconut candy, no chocolate covering	
1 oz	0.3
1 bon-bon	0.1
1 bar (1.4 oz)	0.4
Coconut candy, Puerto Rican style	
1 cubic inch	0.2
1 cup	3.1
Fondant	
1 cup	0
1 box (.5 oz)	0
1 piece	0
1 mint	0

Fondant, chocolate covered	
1 butter cream	0.4
1 box (18 pieces, 7 oz)	4.4
1 cup	4.4
1 bite size	0.2
1 oz	0.6
1 box (1.6 oz)	1
1 cup (84 pieces)	4.6
1 piece	0.2
1 package (2.25 oz)	1.4
1 piece (.58 oz)	0.4
1 package (1.75 oz)	1.1
1 large pattie (1.5 oz), York	0.9
1 package (1.375 oz), Schrafft's	0.9
1 small pattie (0.5 oz), York	0.3
1 snack size bar	0.4
1 cherry	0.3
1 egg	0.6
1 egg (1.02 oz) (Cadbury)	0.6
1 egg (5 oz)	3.1
1 egg (8 oz)	5
1 box (3 oz)	1.9
1 king size	1.8
Fruit peel, candied	
1 piece	0
Date candy	
1 oz	1.2
Soft fruit confections	
1 piece	0.3
Fruit leather and fruit snacks candy	
1 surface inch	0
1 cubic inch	0.1
1 oz	0.2
1 cup	1
1 piece	0
1 roll-up	0.1
1 3-foot roll	0.1
Fun Fruits Creme Supremes	
1 piece	0
1 pouch (.9 oz)	1
1/2 cup	3.5
Tamarind candy	
1 tablespoon	0.6
1 piece	0.1
1 stick	1
1 tube	1
Fruit snacks candy, with high vitamin C	
1 cup	1.6
1 piece	0
1 pouch	0.3
1 100 calorie package	0.3

Gumdrops, chocolate covered	
1 piece	0.3
10 rings	2.9
Fudge, chocolate, chocolate-coated	
1 cubic inch	0.9
1 piece	0.8
1 piece, 1 cubic inch	0.9
Fudge, chocolate, chocolate-coated, with nuts	
1 cubic inch	1.2
1 piece, 1 cubic inch	1.2
Fudge, chocolate	
1 cubic inch	0.5
1 piece, 1 cubic inch	0.5
Fudge, chocolate, with nuts	
1 cubic inch	1
1 piece, 1 cubic inch	1
Fudge, peanut butter	
1 cubic inch	1.5
1 piece, 1 cubic inch	1.5
Fudge, peanut butter, with nuts	
1 cubic inch	1.9
1 piece, 1 cubic inch	1.9
Fudge, vanilla	
1 cubic inch	0.2
1 piece, 1 cubic inch	0.2
Fudge, vanilla, with nuts	
1 cubic inch	0.7
1 piece, 1 cubic inch	0.7
Fudge, divinity	
1 cubic inch	0.5
1 piece, 1 cubic inch	0.5
Fudge, brown sugar (penuche)	
1 cubic inch	0.5
1 piece, 1 cubic inch	0.5
Fudge, caramel and nut, chocolate-coated candy	
1 bar (1.6 oz)	3.5
1 bar (1.35 oz)	2.9
1 bar (2 oz)	4.4
1 bar (1.5 oz)	3.2
1 piece	2.6
1 miniature bar	0.8
SNICKERS Bar	
1 bar (2 oz)	4.3
1 fun size bar	1.3
1 king size bar (4 oz)	8.5
1 miniature bar	0.7

Baby Ruth	
1 bar (2.1 oz)	3.2
1 fun size bar	1
1 king size bar	5.7
100 GRAND Bar	
1 bar (1.5 oz)	1.1
Halvah, plain	
1 bar (8 oz)	18.1
Halvah, chocolate covered	
1 bar (8 oz)	17.9
Honey-combed hard candy with peanut butter	
1 bar (1.75 oz)	4.4
1 piece	0.5
1 log	0.5
1 stick (1.55 oz)	3.8
Honey-combed hard candy with peanut butter, chocolate covered	
1 bar (1.2 oz)	3
1 bar (.7 oz)	1.8
1 bar (1.4 oz)	3.5
1 bar (1.65 oz)	4.1
1 bar (1.125 oz)	2.8
1 bar (1.93 oz)	4.7
1 piece	1
1 miniature bar	1
1 fun size bar	1.4
Butterfinger	
1 bar (1.6 oz)	2.4
1 bar (2.16 oz)	3.3
1 bar (bite size)	0.4
1 cup, Butterfinger BB's	9.4
1 fun size bar	1.1
1 king size bar	5.8
10 Butterfinger BB's	1.4
Chocolate-flavored sprinkles	
1 cup, chocolate-flavored	3.5
1 cup, Jimmies	3.5
Ladoo, round ball, Asian-Indian dessert	
1 ball (1-3/4" dia)	3.5

Licorice	
1 cup, bite size (Nibs)	0
1 box (1.8 oz)	0
1 cup	0
1 piece	0
1 package (2.5 oz)	0
1 stick	0
1 piece, shoestring (43" long)	0
1 stick	0
10 bite size pieces	0
1 linear inch	0
1 Twizzlers "21"	0
1 pull-n-peel stick	0
1 Nibs pouch	0
1 Nib	0
Marshmallow	
1 cup of miniatures	0.8
1 cup	0.9
1 bunny	0.1
1 large, regular	0.1
1 miniature	0
1 peanut	0.1
1 chicken	0.1
Marshmallow, chocolate covered	
1 piece	0.3
1 medium egg	0.3
1 piece (1.2 oz)	0.8
1 miniature piece	0.2
1 small egg	0.1
1 rabbit	0.3
1 egg	0.3
Marshmallow, candy-coated	
1 piece	0.2
1 egg (0.5 oz)	0.2
Marshmallow, coconut-coated	
1 piece	0.2
Nougat, plain	
1 bar (.49 oz)	0.5
1 piece	0.5
Nougat, with caramel, chocolate covered	
1 bar (2 oz)	2.3
MILKY WAY Bar	
1 bar (.8 oz)	0.9
1 bar (1.9 oz)	2.2
1 bar (2.1 oz)	2.4
1 miniature bar	0.3
1 fun size bar	0.7
1 king size bar	4.1
MILKY WAY MIDNIGHT Bar	
1 bar (1.76 oz)	1.6
1 fun size bar	0.6

MARS Almond Bar	
1 bar (1.76 oz)	4.1
1 piece	1.5
Nougat, chocolate covered	
1 bar (1.875 oz)	2.4
3 MUSKETEERS Bar	
1 bar (.8 oz)	0.6
1 bar (1.813 oz)	1.3
1 bite size	0.2
1 fun size bar	0.4
Nuts, chocolate covered, not almonds or peanuts	
1 oz	3.2
1 cup	19
10 nuts	3.2
Nut roll, fudge or nougat, caramel and nuts	
1 bar (2.3 oz)	7.6
1 bar (1.9 oz)	6.3
1 bar (1.8 oz)	6
1 cubic inch	2.3
1 roll	3
Sugared pecans (sugar and egg white coating)	
1 cup	5.8
10 sugared pecan halves	0.9
Peanuts, chocolate covered	
1 cup, chocolate covered	19.5
1 cup, Goobers	19.5
1 cup, peanut clusters	16.9
1 piece	0.5
1 peanut cluster	1.8
1 box (2.3 oz)	8.5
M&M's Peanut Chocolate Candies	
1 cup	16.3
1 piece	0.2
1 package (1.67 oz)	4.5
1 fun size package	1.7
M&M's Peanut Butter Chocolate Candies	
1 cup	20.6
1 piece	0.2
1 package (1.63 oz)	4.7
1 fun size bar	2.1
Peanuts, sugar-coated	
1 oz	4.4
1 cup, sugar-coated	24
1 box (1.75 oz)	7.8
1 box (2.25 oz)	9.9
1 cup, Boston Baked Beans	29.6
1 cup, Squirrel Nuts	22.9
1 piece	0.9

Peanuts, yogurt covered	
1 cup	25.2
1 piece	0.3
Peanut bar	
1 oz	4.4
1 bar (1.4 oz)	6.2
Planters Peanut Bar	
1 bar (1.6 oz)	7.3
1 piece	2.6
Peanut brittle	
1 cup	11.1
1 surface inch	0.2
1 medium piece	0.7
1 small piece	0.3
1 large piece	1
Peanut Bar, chocolate covered candy	
1 bar (2 oz)	7.4
Peanut butter, chocolate covered	
1 cubic inch	2.3
1 bar (1.5 oz)	4.9
1 bar (1.25 oz)	4
1 piece	3.9
1 egg (1 oz)	3.2
1 egg (4 oz)	12.9
1 egg (8 oz)	26
Reese's Peanut Butter Cup	
1 cup	16.6
1 package (2 peanut butter cups, 1.6 oz)	4.6
1 miniature cup	0.7
1 piece	0.2
1 individual cup (.6 oz)	1.7
1 king size package (4 pieces)	8.1
1 snack size cup	1.7
Reese's Pieces	
1 piece	0.1
1 package (1.95 oz)	6.9
1/4 cup	5.9
Reese's Sticks	
1 package	4
1 piece	2
1 king size package (4 pieces)	8
Reese's Fast Break	
1 snack size bar	1.7
1 regular size bar	5.1
1 king size bar	8.8

Peanut butter morsels	
1 piece	0.1
1/4 cup	7.7
Pralines	
1 cubic inch	0.4
1 piece	1.2
Pineapple candy, Puerto Rican style	
1 cup	1.5
Raisins, chocolate covered	
1 box (1.25 oz)	1.4
1 cup	8
1 package (1 oz)	1.2
1 raisin	0
1 cluster	0.9
1 box (2.3 oz)	2.7
Raisins, carob covered	
1 cup	9.9
1 piece	0.1
Raisins, yogurt covered	
1 cup	8.1
1 piece	0.1
Sesame Crunch (Sahadi)	
1 piece	0.2
Gumdrops	
1 cup	0
1 piece	0
Hard candy	
1 oz	0
1 cup	0
1 piece	0
Butterscotch hard candy	
1 piece	0
Skittles	
1 cup	0.4
1 package (2 oz, 54 pieces)	0.1
1 package (4 oz)	0.2
1 fun size package	0
1 piece	0
1 package (2.3 oz)	0.1
Sugar-coated chocolate discs	
1 cup	6.9
1 piece	0.1

M&M's Milk Chocolate Candies	
1 box (1.48 oz)	1.8
1 cup	9
1 package (1.69 oz)	2.1
1 miniature piece	0
1 fun size package	0.8
1 piece	0
1/4 cup (66 pieces)	2.3
Sixlets	
1 cup	8.6
1 packet	0.3
1 piece	0
Easter egg, candy coated chocolate	
1 cup	9.5
1 Cadbury Mini Egg	0.1
1 bag Cadbury Mini Eggs (1.5 oz)	1.9
Taffy	
1 bar (6 candy chews) (1.7 oz)	0.4
1 cup	1.8
1 package	0.4
1 package (4 pieces)	0.1
1 package (2.5 oz)	0.6
1 package (1 oz)	0.2
1 package (2.07 oz)	0.5
1 fun size package	0.1
1 package (1.92 oz)	0.4
1 miniature bar	0.1
1 piece	0.1
1 package (8 pieces), (1.45 oz)	0.3
1 candy	0.1
1 large bar	0.2
Toffee, plain	
1 box (3.5 oz)	4.7
1 piece	0.3
Toffee, chocolate covered	
1 bar (1.125 oz)	1.8
1 bar (.938 oz)	1.5
1 bar (1.4 oz)	2.2
1 cup	10.1
1 piece	0.4
1 miniature bar	0.4
1 package (4.5 oz)	7
1 package (1.4 oz)	2.2
1 Sweet Escapes bar	1
Toffee, chocolate-coated, with nuts	
1 piece	0.8
Truffles	
1 piece	0.8

Wax candy, liquid filled	
1 package (3 oz) Pop Bottles yields	0
1 package (2 oz) tubes yields	0
1 tube (6" x 1/2" dia) yields	0
1 Pop Bottle yields	0
Dietetic or low calorie candy	
1 piece	0
1/2 cup	0
Dietetic or low calorie gumdrops	
1 cup	0
1 piece	0
Dietetic or low calorie hard candy	
1 piece	0
1 lollipop (.5 oz)	0
1 piece	0
1/2 cup hard candy	0
1 cough drop	0
1 Sweet'n Low candy	0
Dietetic or low calorie candy, chocolate covered	
1 cup Dietetic Chocolate TV Mix	22.8
1 Dietetic Covered Raisin	0.1
1 cup Dietetic Covered raisins	23.3
1 piece Dietetic Chocolate TV Mix	0.4
1 section Dietetic Chocolate Wafers	0.6
1 section Dietetic Crunch Bar	0.7
1 section Dietetic Fruit and Nut Bar	0.9
1 piece Dietetic Peanut Butter Cups	1
1 section Dietetic Milk Almond Bar	0.9
1 section Dietetic Milk Chocolate Flavored Bar	0.9
Dietetic or low calorie mints	
1 cup	0
1 mint	0
Snickers Marathon Energy bar	
1 bar (1.9 oz)	12.1
Snickers Marathon Protein bar	
1 bar (2.8 oz)	20
Chewing gum	
1 piece	0
Chewing gum, sugared	
1 cup, Chiclets	0
1 piece	0
1 gum ball	0
1 6-foot long tape	0
Chewing gum, sugarless	
1 piece	0

Nonalcoholic Beverages

Coffee

1 fl oz	0
1 mug (8 fl oz)	0.3
1 large fast food order	0.6
1 coffee cup (6 fl oz)	0.2
1 small fast food order	0.4
1 medium fast food order	0.5
1 small pot (20 FO, 4 servings)	0.7
1 regular pot (60 FO, 12 servings)	2.1

Coffee, regular

1 fl oz	0
1 large fast food order	0.6
1 mug (8 fl oz)	0.3
1 coffee cup (6 fl oz)	0.2
1 small fast food order	0.4
1 medium fast food order	0.5
1 small pot (20 FO, 4 servings)	0.7
1 regular pot (60 FO, 12 servings)	2.1

Coffee, made from ground, regular

1 fl oz	0
1 mug (8 fl oz)	0.3
1 large fast food order	0.6
1 coffee cup (6 fl oz)	0.2
1 small fast food order	0.4
1 medium fast food order	0.5
1 small pot (20 FO, 4 servings)	0.7
1 regular pot (60 FO, 12 servings)	2.1

Coffee, made from ground, equal parts regular and decaffeinated

1 fl oz	0
1 mug (8 fl oz)	0.3
1 coffee cup (6 fl oz)	0.2

Coffee, Turkish

1 fl oz	0
1 mug (8 fl oz)	0.3
1 turkish cup (4 fl oz)	0.1

Coffee, espresso

1 fl oz	0
1 mug (8 fl oz)	0.3
1 espresso cup (2 fl oz)	0.1
1 coffee cup (6 fl oz)	0.2

Coffee, espresso, decaffeinated

1 fl oz	0
1 mug (8 fl oz)	0.2
1 espresso cup (2 fl oz)	0.1
1 coffee cup (6 fl oz)	0.2

Coffee, Mexican, regular, unsweetened (no milk; not cafe con leche)

1 fl oz	0
1 mug (8 fl oz)	0.3
1 coffee cup (6 fl oz)	0.2

Coffee, Mexican, regular, sweetened (no milk; not cafe con leche)

1 fl oz	0
1 mug (8 fl oz)	0.3
1 coffee cup (6 fl oz)	0.2

Coffee, Mexican, decaffeinated, unsweetened (no milk; not cafe con leche)

1 fl oz	0
1 mug (8 fl oz)	0.2
1 coffee cup (6 fl oz)	0.2

Coffee, Mexican, decaffeinated, sweetened (no milk; not cafe con leche)

1 fl oz	0
1 mug (8 fl oz)	0.2
1 coffee cup (6 fl oz)	0.2

Coffee, made from ground, regular, flavored

1 fl oz	0
1 mug (8 fl oz)	0.3
1 coffee cup (6 fl oz)	0.2

Coffee, Cuban

1 fl oz	0
---------	---

Coffee, latte

1 fl oz	0.6
1 cup	4.4
1 medium	8.8
1 large	10.5
1 small	6.6

Coffee, latte, decaffeinated

1 fl oz	0.5
1 cup	4.4
1 medium	8.8
1 large	10.4
1 small	6.6

Coffee beverage, Frappuccino, regular

1 fl oz	0.6
1 cup	4.7
1 medium	9.4
1 large	11.8
1 small	7.1
1 bottle	5.4

Coffee beverage, Frappuccino, decaffeinated	
1 fl oz	0.6
1 cup	4.7
1 medium	9.4
1 large	11.8
1 small	7.1
1 bottle	5.4
Coffee, mocha	
1 fl oz	0.7
1 cup	5.5
1 medium	10.9
1 large	13
1 small	8.2
Coffee, made from powdered instant, regular	
1 fl oz	0
1 mug (8 fl oz)	0.3
1 coffee cup (6 fl oz)	0.2
Coffee, made from powdered instant, 50% less caffeine	
1 fl oz	0
1 mug (8 fl oz)	0.3
1 coffee cup (6 fl oz)	0.2
Coffee, liquid concentrate	
1 teaspoon	0.1
Coffee, made from liquid concentrate	
1 fl oz	0
1 mug (8 fl oz)	0.2
1 coffee cup (6 fl oz)	0.1
Coffee, acid neutralized, from powdered instant	
1 fl oz	0
1 mug (8 fl oz)	0.3
1 coffee cup (6 fl oz)	0.2
Coffee, decaffeinated	
1 fl oz	0
1 mug (8 fl oz)	0.2
1 coffee cup (6 fl oz)	0.2
Coffee, decaffeinated, made from ground	
1 fl oz	0
1 mug (8 fl oz)	0.2
1 large fast food order	0.5
1 coffee cup (6 fl oz)	0.2
1 small fast food order	0.3
1 medium fast food order	0.4
1 small pot (20 FO, 4 servings)	0.6
1 regular pot (60 FO, 12 servings)	1.8
Coffee, decaffeinated, made from powdered instant	
1 fl oz	0
1 mug (8 fl oz)	0.3
1 coffee cup (6 fl oz)	0.2

Coffee, made from powdered instant mix, with whitener and sugar, instant

1 fl oz	0.1
1 mug (8 fl oz)	0.6
1 coffee cup (6 fl oz)	0.5
4 teaspoon dry yields 6 fl oz	0.5

Coffee, made from powdered instant mix, presweetened, no whitener

1 fl oz	0
1 mug (8 fl oz)	0.3
1 coffee cup (6 fl oz)	0.2
2.5 teaspoon dry yields 6 fl oz	0.2

Coffee and cocoa (mocha), made from powdered instant mix, with whitener, presweetened

1 fl oz	0.1
1 mug (8 fl oz)	0.8
1 coffee cup (6 fl oz)	0.6
4 teaspoon dry yields 6 fl oz	0.6

Coffee and cocoa (mocha), made from powdered instant mix, with whitener and low calorie sweetener

1 fl oz	0.1
1 mug (8 fl oz)	0.7
1 coffee cup (6 fl oz)	0.5

Coffee, made from powdered instant mix, with whitener and low calorie sweetener

1 fl oz	0.2
1 mug (8 fl oz)	1.4
1 coffee cup (6 fl oz)	1.1

Coffee and cocoa (mocha), made from powdered instant mix, with whitener and low calorie sweetener, decaffeinated

1 fl oz	0.2
1 mug (8 fl oz)	1.6
1 coffee cup (6 fl oz)	1.2

Coffee, presweetened with sugar, pre-lightened

1 fl oz	0.1
1 can (10 fl oz)	0.6
1 mug (8 fl oz)	0.5
1 vending machine cup	0.4
1 coffee cup (6 fl oz)	0.4

Coffee, pre-lightened, no sugar

1 fl oz	0.1
1 mug (8 fl oz)	0.5
1 vending machine cup	0.4
1 coffee cup (6 fl oz)	0.4

Coffee, presweetened with sugar	
1 fl oz	0
1 mug (8 fl oz)	0.3
1 vending machine cup	0.2
1 coffee cup (6 fl oz)	0.2
Coffee and chicory	
1 fl oz	0
1 mug (8 fl oz)	0.3
1 coffee cup (6 fl oz)	0.2
Coffee and chicory, made from powdered instant	
1 fl oz	0
1 mug (8 fl oz)	0.3
1 teaspoon dry yields 6 fl oz	0.2
1 coffee cup (6 fl oz)	0.2
Coffee, decaffeinated, and chicory, made from powdered instant	
1 fl oz	0
1 mug (8 fl oz)	0.3
1 teaspoon dry yields 6 fl oz	0.2
1 coffee cup (6 fl oz)	0.2
Coffee and chicory, made from ground	
1 fl oz	0
1 mug (8 fl oz)	0.3
1 coffee cup (6 fl oz)	0.2
Coffee, regular, with cereal	
1 fl oz	0
1 mug (8 fl oz)	0.3
1 coffee cup (6 fl oz)	0.2
Coffee, decaffeinated, with cereal	
1 fl oz	0
1 mug (8 fl oz)	0.3
1 coffee cup (6 fl oz)	0.2
Cappuccino	
1 fl oz	0.5
1 cup (8 fl oz)	4.1
1 mug (8 fl oz)	4.1
1 medium	8.3
1 large	9.8
1 small	6.2
1 coffee cup (6 fl oz)	3.1
Cappuccino, decaffeinated	
1 fl oz	0.5
1 cup (8 fl oz)	4.1
1 mug (8 fl oz)	4.1
1 medium	8.2
1 large	9.8
1 small	6.2
1 coffee cup (6 fl oz)	3

Coffee, dry instant powder 1 teaspoon, dry	0.1
Coffee, dry instant powder, regular 1 teaspoon, dry	0.1
Coffee, dry instant powder, decaffeinated 1 teaspoon, dry	0.1
Coffee, dry, acid neutralized 1 teaspoon, dry	0.1
Coffee and chicory, dry instant powder 1 teaspoon, dry	0.1
Coffee, decaffeinated, and chicory, dry instant powder 1 teaspoon, dry	0.1
Coffee and cocoa (mocha) mix, dry instant powder with whitener, presweetened 1 teaspoon, dry	0.2
Coffee and cocoa (mocha) mix, dry instant powder with whitener and low calorie sweetener 1 teaspoon, dry	0.2
Coffee and cocoa (mocha) mix, dry instant powder, with whitener and low calorie sweetener, decaffeinated 1 teaspoon, dry	0.2
Coffee, dry instant powder, with whitener and sugar 1 teaspoon, dry	0.1
Coffee, dry instant powder, with whitener and low calorie sweetener 1 teaspoon, dry	0
Postum 1 fl oz	0
1 mug (8 fl oz)	0.2
1 coffee cup (6 fl oz)	0.2
Chicory 1 fl oz	0
1 mug (8 fl oz)	0.3
1 coffee cup (6 fl oz)	0.2
Cereal beverage 1 fl oz	0
1 mug (8 fl oz)	0.2
1 coffee cup (6 fl oz)	0.1
Cereal beverage with beet roots, from powdered instant 1 fl oz	0
1 mug (8 fl oz)	0.2
1 coffee cup (6 fl oz)	0.1

Cereal beverage with beet roots, powdered instant, dry 1 teaspoon, dry	0.1
Mate, sweetened beverage made from dried green leaves 1 fl oz	0
Rice beverage 1 fl oz	0.4
Postum, dry powder 1 teaspoon, dry	0.1
Tea, unsweetened 1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
Tea, presweetened with sugar 1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
1 Arizona Iced Tea can (16 fl oz)	0
1 Snapple bottle (16 fl oz)	0
1 Snapple can	0
Tea, presweetened with low calorie sweetener 1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
1 Arizona Iced Tea can (16 fl oz)	0.1
1 Snapple bottle (16 fl oz)	0.1
1 Snapple can	0.1
Tea, decaffeinated, unsweetened 1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
Tea, presweetened 1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
Tea, decaffeinated, presweetened with sugar 1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
1 Snapple bottle (16 fl oz)	0
1 Snapple can	0
Tea, decaffeinated, presweetened with low calorie sweetener 1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
1 Snapple bottle (16 fl oz)	0
1 Snapple can	0

Tea, decaffeinated, presweetened	
1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
Tea, leaf, unsweetened	
1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
Tea, leaf, presweetened with sugar	
1 fl oz	0
Tea, leaf, presweetened with low calorie sweetener	
1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
Tea, leaf, presweetened	
1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
Tea, leaf, decaffeinated, unsweetened	
1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
Tea, leaf, decaffeinated, presweetened with sugar	
1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
Tea, leaf, decaffeinated, presweetened with low calorie sweetener	
1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
Tea, leaf, decaffeinated, presweetened	
1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
Tea, made from frozen concentrate, unsweetened	
1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
Tea, made from frozen concentrate, decaffeinated, presweetened with low calorie sweetener	
1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0

Tea, made from powdered instant, presweetened	
1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
Tea, made from powdered instant, unsweetened	
1 fl oz	0
1 mug (8 fl oz)	0.1
1 teacup (6 fl oz)	0.1
1 teaspoon dry in 8 fl oz water	0.1
Tea, made from powdered instant, presweetened with sugar	
1 fl oz	0
1 mug (8 fl oz)	0.1
1 teacup (6 fl oz)	0.1
3 teaspoons dry in 8 fl oz water	0.1
Tea, made from powdered instant, decaffeinated, presweetened with sugar	
1 fl oz	0
1 mug (8 fl oz)	0.2
1 teacup (6 fl oz)	0.1
3 teaspoons dry in 8 fl oz water	0.2
Tea, made from powdered instant, presweetened with low calorie sweetener	
1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
1 teaspoon dry yields 8 fl oz	0
Tea, made from powdered instant, decaffeinated, presweetened with low calorie sweetener	
1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
1 teaspoon dry yields 8 fl oz	0
Tea, made from powdered instant, decaffeinated, unsweetened	
1 fl oz	0
1 mug (8 fl oz)	0.1
1 teacup (6 fl oz)	0.1
Tea, made from powdered instant, decaffeinated, presweetened	
1 fl oz	0
1 mug (8 fl oz)	0.1
1 teacup (6 fl oz)	0.1
3 teaspoons dry in 8 fl oz water	0.1
Tea, herbal	
1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0

Tea, herbal, presweetened with sugar	
1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
Tea, herbal, presweetened with low calorie sweetener	
1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
Tea, herbal, presweetened	
1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
Tea, made from caraway seeds	
1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
Corn beverage	
1 fl oz	0.2
Bean beverage	
1 fl oz	0.8
1 cup	6.4
Tea, Russian	
1 fl oz	0
1 mug (8 fl oz)	0.1
1 teacup (6 fl oz)	0.1
Tea, chamomile	
1 fl oz	0
1 mug (8 fl oz)	0
1 teacup (6 fl oz)	0
Tea, powdered instant, unsweetened, dry	
1 teaspoon, dry	0.1
Tea, powdered instant, sweetened, dry	
1 teaspoon, dry	0
Soft drink	
1 fl oz	0
1 can (12 fl oz)	0.3
1 bottle (16.9 fl oz or 500 ml)	0.4
Soft drink, sugar-free	
1 fl oz	0
1 can (12 fl oz)	0.4
1 bottle (16.9 fl oz or 500 ml)	0.6
Carbonated water, sweetened	
1 fl oz	0
1 bottle (11 fl oz)	0
1 can (12 fl oz)	0
1 bottle (16.9 fl oz or 500 ml)	0

Carbonated water, unsweetened	
1 fl oz	0
1 can (12 fl oz)	0
1 bottle (16.9 fl oz or 500 ml)	0
Carbonated water, sugar-free	
1 fl oz	0
1 can (12 fl oz)	0.4
1 Mystic bottle (11.1 fl oz)	0.3
1 bottle (16.9 fl oz or 500 ml)	0.5
Soft drink, cola-type	
1 fl oz	0
1 can (12 fl oz)	0.3
1 child/senior drink (12 fl oz)	0.3
1 small drink (16 fl oz)	0.3
1 medium drink (22 fl oz)	0.5
1 large drink (32 fl oz)	0.7
1 extra large drink (44 fl oz)	0.9
1 bottle (16.9 fl oz or 500 ml)	0.4
Soft drink, cola type, reduced sugar	
1 fl oz	0
1 can (12 fl oz)	0
1 bottle (20 fl oz)	0
Soft drink, cola-type, sugar-free	
1 fl oz	0
1 can (12 fl oz)	0.4
1 child/senior drink (12 fl oz)	0.4
1 small drink (16 fl oz)	0.5
1 medium drink (22 fl oz)	0.7
1 large drink (32 fl oz)	1
1 extra large drink (44 fl oz)	1.4
1 bottle (16.9 fl oz or 500 ml)	0.6
Soft drink, cola-type, with higher caffeine	
1 fl oz	0
1 can (12 fl oz)	0
1 bottle (20 fl oz)	0
Soft drink, cola-type, decaffeinated	
1 fl oz	0
1 can (12 fl oz)	0
1 child/senior drink (12 fl oz)	0
1 small drink (16 fl oz)	0
1 medium drink (22 fl oz)	0
1 large drink (32 fl oz)	0
1 extra large drink (44 fl oz)	0
1 bottle (16.9 fl oz or 500 ml)	0

Soft drink, cola-type, decaffeinated, sugar-free	
1 fl oz	0
1 can (12 fl oz)	0.4
1 child/senior drink (12 fl oz)	0.4
1 small drink (16 fl oz)	0.6
1 medium drink (22 fl oz)	0.8
1 large drink (32 fl oz)	1.1
1 extra large drink (44 fl oz)	1.6
1 bottle (16.9 fl oz or 500 ml)	0.6

Soft drink, pepper-type	
1 fl oz	0
1 can (12 fl oz)	0.3
1 child/senior drink (12 fl oz)	0.3
1 small drink (16 fl oz)	0.3
1 medium drink (22 fl oz)	0.5
1 large drink (32 fl oz)	0.7
1 extra large drink (44 fl oz)	0.9
1 bottle (16.9 fl oz or 500 ml)	0.4

Soft drink, pepper-type, sugar-free	
1 fl oz	0
1 can (12 fl oz)	0.4
1 child/senior drink (12 fl oz)	0.4
1 small drink (16 fl oz)	0.5
1 medium drink (22 fl oz)	0.7
1 large drink (32 fl oz)	1
1 extra large drink (44 fl oz)	1.4
1 bottle (16.9 fl oz or 500 ml)	0.6

Soft drink, pepper-type, decaffeinated	
1 fl oz	0
1 can (12 fl oz)	0
1 child/senior drink (12 fl oz)	0
1 small drink (16 fl oz)	0
1 medium drink (22 fl oz)	0
1 large drink (32 fl oz)	0
1 extra large drink (44 fl oz)	0
1 bottle (16.9 fl oz or 500 ml)	0

Soft drink, pepper-type, decaffeinated, sugar-free	
1 fl oz	0
1 can (12 fl oz)	0.4
1 child/senior drink (12 fl oz)	0.4
1 small drink (16 fl oz)	0.6
1 medium drink (22 fl oz)	0.8
1 large drink (32 fl oz)	1.1
1 extra large drink (44 fl oz)	1.6
1 bottle (16.9 fl oz or 500 ml)	0.6

Cream soda	
1 fl oz	0
1 can (12 fl oz)	0
1 bottle (16.9 fl oz or 500 ml)	0

Cream soda, sugar-free	
1 fl oz	0
1 can (12 fl oz)	0.4
1 bottle (16.9 fl oz or 500 ml)	0.5
Soft drink, fruit-flavored, caffeine free	
1 fl oz	0
1 can (12 fl oz)	0.2
1 child/senior drink (12 fl oz)	0.2
1 small drink (16 fl oz)	0.2
1 medium drink (22 fl oz)	0.3
1 large drink (32 fl oz)	0.5
1 extra large drink (44 fl oz)	0.7
1 bottle (16.9 fl oz or 500 ml)	0.3
Soft drink, fruit-flavored, sugar free, caffeine free	
1 fl oz	0
1 can (12 fl oz)	0.4
1 child/senior drink (12 fl oz)	0.4
1 small drink (16 fl oz)	0.5
1 medium drink (22 fl oz)	0.7
1 large drink (32 fl oz)	0.9
1 extra large drink (44 fl oz)	1.3
1 bottle (20 fl oz)	0.6
1 bottle (16.9 fl oz or 500 ml)	0.5
Soft drink, fruit flavored, caffeine containing	
1 fl oz	0
1 can (12 fl oz)	0.3
1 child/senior drink (12 fl oz)	0.3
1 small drink (16 fl oz)	0.4
1 medium drink (22 fl oz)	0.6
1 large drink (32 fl oz)	0.9
1 extra large drink (44 fl oz)	1.2
1 bottle (16.9 fl oz or 500 ml)	0.5
Soft drink, fruit flavored, caffeine containing, sugar-free	
1 fl oz	0
1 can (12 fl oz)	0.4
1 child/senior drink (12 fl oz)	0.4
1 small drink (16 fl oz)	0.5
1 medium drink (22 fl oz)	0.7
1 large drink (32 fl oz)	0.9
1 extra large drink (44 fl oz)	1.3
1 bottle (20 fl oz)	0.6
1 bottle (16.9 fl oz or 500 ml)	0.5
Ginger ale	
1 fl oz	0
1 can (12 fl oz)	0
1 bottle (16.9 fl oz or 500 ml)	0
Ginger ale, sugar-free	
1 fl oz	0
1 can (12 fl oz)	0.4
1 bottle (16.9 fl oz or 500 ml)	0.5

Root beer	
1 fl oz	0
1 can (12 fl oz)	0
1 child/senior drink (12 fl oz)	0
1 small drink (16 fl oz)	0
1 medium drink (22 fl oz)	0
1 large drink (32 fl oz)	0
1 extra large drink (44 fl oz)	0
1 bottle (16.9 fl oz or 500 ml)	0
Root beer, sugar-free	
1 fl oz	0
1 can (12 fl oz)	0.4
1 child/senior drink (12 fl oz)	0.4
1 small drink (16 fl oz)	0.5
1 medium drink (22 fl oz)	0.7
1 large drink (32 fl oz)	0.9
1 extra large drink (44 fl oz)	1.3
1 bottle (16.9 fl oz or 500 ml)	0.5
Chocolate-flavored soda	
1 fl oz	0
1 can (12 fl oz)	0
1 bottle (16.9 fl oz or 500 ml)	0
Chocolate-flavored soda, sugar-free	
1 fl oz	0
1 can (12 fl oz)	0.4
1 bottle (16.9 fl oz or 500 ml)	0.6
Cola with fruit or vanilla flavor	
1 fl oz	0
1 can (12 fl oz)	0.3
1 bottle (16.9 fl oz or 500 ml)	0.4
Cola with chocolate flavor	
1 fl oz	0
1 can (12 fl oz)	0.3
1 bottle (16.9 fl oz or 500 ml)	0.4
Cola with fruit or vanilla flavor, sugar-free	
1 fl oz	0
1 can (12 fl oz)	0.4
1 bottle (16.9 fl oz or 500 ml)	0.6
Cola with chocolate flavor, sugar-free	
1 fl oz	0
1 can (12 fl oz)	0.4
1 bottle (16.9 fl oz or 500 ml)	0.6
Mavi drink	
1 fl oz	0
1 can (12 fl oz)	0
1 bottle (16.9 fl oz or 500 ml)	0
Soft drink, ale type	
1 fl oz	0.1
1 can (12 fl oz)	0.8
1 bottle (16.9 fl oz or 500 ml)	1.1

Carbonated juice drink	
1 fl oz	0.1
1 can (12 fl oz)	1.1
Carbonated citrus juice drink	
1 fl oz	0.1
1 can (12 fl oz)	1.5
Carbonated noncitrus juice drink	
1 fl oz	0.1
1 bottle (12 fl oz)	0.8
1 can (12 fl oz)	0.8
Fruit juice drink	
1 cup (8 fl oz)	0.1
1 fl oz	0
1 Capri Sun container (6-3/4 oz)	0.1
1 Kool-Aid Bursts bottle (6.75 fl oz)	0.1
1 Fruitopia bottle (16 fl oz)	0.2
1 Squeeze It (6.75 fl oz)	0.1
1 fun size box (4.23 fl oz)	0.1
1 juice box (6.75 fl oz)	0.1
Tamarind drink, Puerto Rican (Refresco de tamarindo)	
1 cup (8 fl oz)	1.6
1 fl oz	0.2
Fruit punch, made with fruit juice and soda	
1 cup (8 fl oz)	0.4
1 fl oz	0.1
Fruit punch, made with soda, fruit juice, and sherbet or ice cream	
1 cup (8 fl oz)	1.3
1 fl oz	0.2
Lemonade, frozen concentrate, not reconstituted	
1 can (6 fl oz)	0.7
Fruit flavored drink	
1 cup (8 fl oz)	0.1
1 fl oz	0
1 Snapple bottle (16 fl oz)	0.1
1 Snapple can	0.1
Citrus fruit juice drink, containing 40-50% juice	
1 cup (8 fl oz)	0.8
1 fl oz	0.1
Frozen daiquiri mix, frozen concentrate, not reconstituted	
1 fl oz	0
Frozen daiquiri mix, from frozen concentrate, reconstituted	
1 fl oz	0
Pina Colada, nonalcoholic	
1 fl oz	0.1

Whiskey sour, nonalcoholic	
1 fl oz	0
Fruit flavored drink, with high vitamin C	
1 cup (8 fl oz)	0
1 fl oz	0
1 drink box (8.45 fl oz)	0
Cranberry juice drink or cocktail, with high vitamin C	
1 cup (8 fl oz)	0.4
1 fl oz	0
Fruit juice drink, with high vitamin C	
1 cup (8 fl oz)	0
1 fl oz	0
1 Little Ssips	0
1 Premium size Ssips	0
1 juice box (6.75 fl oz)	0
1 fun size box (4.23 fl oz)	0
Vegetable and fruit juice drink, with high vitamin C	
1 cup	0.1
1 fl oz	0
1 juice box (6.75 fl oz)	0.1
Fruit juice drink, with thiamin (vitamin B1) and vitamin C	
1 cup	0
1 fl oz	0
Fruit flavored drink, made from powdered mix	
1 cup (8 fl oz)	0
1 fl oz	0
Fruit flavored drink, made from powdered mix, with high vitamin C	
1 cup (8 fl oz)	0
1 fl oz	0
1 tablespoon dry yields 8 fl oz	0
Fruit juice drink, low calorie	
1 cup (8 fl oz)	0.2
1 fl oz	0
Cranberry juice drink or cocktail, low calorie, with high vitamin C	
1 cup (8 fl oz)	0
1 fl oz	0
Light orange juice beverage, 40-50% juice, lower sugar and calories, with artificial sweetener	
1 cup (8 fl oz)	0.6
1 fl oz	0.1
Fruit flavored drink, low calorie, with high vitamin C	
1 cup (8 fl oz)	0.1
1 fl oz	0
Fruit flavored drink, low calorie	
1 cup (8 fl oz)	0.1
1 fl oz	0

Fruit flavored drink, made from powdered mix, low calorie, with high vitamin C

1 cup (8 fl oz)	0.1
1 fl oz	0

Fruit flavored drink, made from powdered mix, low calorie

1 cup (8 fl oz)	0
1 fl oz	0

Fruit juice drink, reduced sugar, with thiamin (vitamin B1) and vitamin C

1 cup	0.1
1 fl oz	0

Fruit-flavored thirst quencher beverage, low calorie

1 cup (8 fl oz)	0
1 fl oz	0

Fruit-flavored thirst quencher beverage

1 cup (8 fl oz)	0
1 fl oz	0

Gatorade Thirst Quencher sports drink

1 cup (8 fl oz)	0
1 fl oz	0
1 bottle (20 fl oz)	0

Powerade sports drink

1 cup (8 fl oz)	0
1 fl oz	0
1 bottle (12 fl oz)	0

Fluid replacement, electrolyte solution

1 cup (8 fl oz)	0
1 fl oz	0

Fluid replacement, 5% glucose in water

1 cup (8 fl oz)	0
1 fl oz	0
1 bottle (4 oz)	0

Fruit juice drink, with high vitamin C, plus added calcium

1 cup (8 fl oz)	0.8
1 fl oz	0.1

Fruit juice drink, with thiamin (vitamin B1) and vitamin C plus calcium

1 cup	0
1 fl oz	0

Horchata beverage, made with almonds or other nuts and seeds

1 cup (8 fl oz)	5
1 fl oz	0.6

Coconut beverage, Puerto Rican

1 cup (8 fl oz)	2.2
1 fl oz	0.3

Oatmeal beverage, Puerto Rican

1 cup (8 fl oz)	0.6
1 fl oz	0.1

Oatmeal beverage with milk (Atole de avena)	
1 cup	4.4
1 fl oz	0.5
Horchata beverage, made with rice	
1 cup (8 fl oz)	0.7
1 fl oz	0.1
Horchata beverage	
1 cup (8 fl oz)	4.9
1 fl oz	0.6
Sugar cane beverage, Puerto Rican	
1 cup (8 fl oz)	0
1 fl oz	0
Atole (corn meal beverage)	
1 cup	4.2
Corn beverage with chocolate and milk (Champurrado, Atole de Chocolate)	
1 cup (8 fl oz)	5
Red Bull Energy Drink	
1 fl oz	0.1
1 can	0.6
Energy drink	
1 fl oz	0.1
1 cup (8 fl oz)	0.6
Wine, nonalcoholic	
1 fl oz	0.1
Wine, light, nonalcoholic	
1 fl oz	0.2
Nonalcoholic malt beverage	
1 fl oz	0.1
1 can or bottle (12 fl oz)	0.8
Shirley Temple	
1 fl oz (no ice)	0
1 cocktail	0.2
Tang, dry concentrate	
1 tablespoon	0
1 cup	0
Fruit-flavored concentrate, dry powder, with sugar and vitamin C added	
1 tablespoon	0
1 package	0
Fruit-flavored beverage, dry concentrate, low calorie, not reconstituted	
1 tablespoon	0.1
1 package	0.1

Fruit-flavored thirst quencher beverage, dry concentrate, not reconstituted

1 tablespoon

0

Alcoholic Beverages

Beer	
1 fl oz	0.1
1 small pitcher (32 fl oz)	4.4
1 can or bottle (12 fl oz)	1.7
1 bottle (40 fl oz)	5.5
Beer, lite	
1 fl oz	0.1
1 small pitcher (32 fl oz)	2.3
1 can or bottle (12 fl oz)	0.9
Cordial or liqueur	
1 fl oz	0
1 cordial glass	0
Cocktail	
1 fl oz (no ice)	0.1
1 cocktail	0.2
Alexander	
1 fl oz (no ice)	0.2
1 cocktail	0.5
Bacardi cocktail	
1 fl oz (no ice)	0
1 cocktail	0
Bloody Mary	
1 fl oz (no ice)	0.2
1 cocktail	0.8
Canadian Club and soda	
1 fl oz (no ice)	0
1 cocktail	0
Cape Cod	
1 fl oz (no ice)	0
1 cocktail	0
Daiquiri	
1 fl oz (no ice)	0
1 cocktail	0
Gimlet	
1 fl oz (no ice)	0
1 cocktail	0
Gin and Tonic	
1 fl oz (no ice)	0
1 cocktail	0
Grasshopper	
1 fl oz (no ice)	0.4
1 cocktail	0.9

High ball		
1 fl oz (no ice)		0
1 cocktail		0
Kamikaze		
1 fl oz (no ice)		0
1 cocktail		0.1
Manhattan		
1 fl oz (no ice)		0
1 cocktail		0
Margarita		
1 fl oz (no ice)		0
1 cocktail		0
Martini		
1 fl oz (no ice)		0
1 cocktail		0
Mint julep		
1 fl oz (no ice)		0
1 cocktail		0
Old fashioned		
1 fl oz (no ice)		0
1 cocktail		0
Rob Roy		
1 fl oz (no ice)		0
1 cocktail		0
Rusty Nail		
1 fl oz (no ice)		0
1 cocktail		0
Salty Dog		
1 fl oz (no ice)		0.1
1 cocktail		0.8
Screwdriver		
1 fl oz (no ice)		0.2
1 cocktail		1.2
Seabreeze		
1 fl oz (no ice)		0
1 cocktail		0.2
Seven and Seven		
1 fl oz (no ice)		0
1 cocktail		0.1
Tom Collins		
1 fl oz (no ice)		0
1 cocktail		0.1

Whiskey sour	
1 fl oz (no ice)	0.1
1 cocktail	0.2
Bourbon and soda	
1 fl oz (no ice)	0
1 cocktail	0
Mixed Drinks	
1 fl oz (no ice)	0
1 drink	0
Rum and cola	
1 fl oz (no ice)	0
1 cocktail	0.2
Pina Colada	
1 fl oz (no ice)	0.1
1 cocktail	0.4
Coquito, Puerto Rican (coconut, rum)	
1 small goblet (4 fl oz)	5
Sloe gin fizz	
1 fl oz (no ice)	0
1 cocktail	0.1
Black Russian	
1 fl oz (no ice)	0
1 cocktail	0
White Russian	
1 fl oz (no ice)	0.1
1 cocktail	0.3
Fruit punch, alcoholic	
1 fl oz (no ice)	0
1 punch cup (4 fl oz)	0.1
Singapore Sling	
1 fl oz (no ice)	0
1 cocktail	0.1
Stinger	
1 fl oz (no ice)	0
1 cocktail	0
Gibson	
1 fl oz (no ice)	0
1 cocktail	0
Mai Tai	
1 fl oz (no ice)	0
1 cocktail	0.1
Tequila Sunrise	
1 fl oz (no ice)	0.1
1 cocktail	0.6

Gin Rickey	
1 fl oz (no ice)	0
1 cocktail	0.1
Golden Cadillac	
1 fl oz	0.4
1 cocktail	2.5
Long Island iced tea	
1 fl oz	0
1 drink (5 fl oz)	0.1
Fuzzy Navel	
1 fl oz (no ice)	0.2
1 cocktail	1.1
Irish Coffee	
1 fl oz	0.1
Liqueur with cream	
1 fl oz	0.9
Frozen daiquiri	
1 fl oz	0
1 drink	0.1
Frozen margarita	
1 fl oz	0
1 drink	0.1
Eggnog, alcoholic	
1 fl oz	1.1
1 cup	9
Gin fizz	
1 fl oz (no ice)	0
1 cocktail	0.1
Rum, hot buttered	
1 fl oz	0
1 drink	0.2
Zombie	
1 fl oz (no ice)	0
1 cocktail	0.1
Wine, table, red	
1 fl oz (no ice)	0
1 wine glass (3.5 fl oz)	0.1
1/2 bottle	0.3
1 carafe	0.3

Wine, table, white	
1 fl oz (no ice)	0
1 wine glass (3.5 fl oz)	0.1
1/2 bottle	0.3
1 carafe	0.3
Wine, rice	
1 fl oz	0.1
Wine, cooking (cooked)	
1 fl oz	0.1
Wine, dessert, sweet	
1 fl oz (no ice)	0.1
1 wine glass (3.5 fl oz)	0.2
Wine, light	
1 fl oz	0
1 wine glass (3.5 fl oz)	0.1
Wine cooler	
1 fl oz (no ice)	0
1 drink (7 fl oz)	0.1
Sangria	
1 fl oz (no ice)	0
1 drink	0.3
Sangria, Puerto Rican style	
1 fl oz	0
1 drink	0.1
Wine spritzer	
1 fl oz (no ice)	0
1 drink	0.1
Glug	
1 fl oz (no ice)	0
1 drink (4 fl oz)	0.1
Brandy	
1 fl oz (no ice)	0
Whiskey	
1 fl oz (no ice)	0
1 jigger	0
Gin	
1 fl oz (no ice)	0
1 jigger	0
Rum	
1 fl oz (no ice)	0
1 jigger	0
Rum cooler	
1 fl oz	0
1 bottle (12.6 fl oz)	0.5

Vodka

1 fl oz (no ice)

0

1 jigger

0

Water

Water as an ingredient

1 cup	0
1 fl oz	0
1 ice cube	0

Water, tap

1 cup	0
1 fl oz	0
1 bottle (16.9 fl oz) filled with tap water	0
1 bottle (24 fl oz) filled with tap water	0
1 ice cube	0

Water, bottled, unsweetened

1 cup	0
1 fl oz	0
1 bottle (12 fl oz)	0
1 bottle (8 fl oz)	0
1 bottle	0
1 bottle (16.9 fl oz or 500 ml)	0
1 bottle (1 liter)	0

Water, bottled, sweetened, with low or no calorie sweetener

1 cup	0
1 fl oz	0
1 bottle (12 fl oz)	0
1 bottle (8 fl oz)	0
1 bottle	0
1 Fruit 2 O bottle (16 fl oz)	0
1 Fruit 2 O bottle (20 fl oz)	0
1 bottle (16.9 fl oz or 500 ml)	0
1 bottle (1 liter)	0

Propel Fitness Water

1 cup (8 fl oz)	0
1 fl oz	0
1 bottle	0
1 bottle (16.9 fl oz or 500 ml)	0
1 sports bottle (23.7 fl oz)	0

Vitamin Water

1 fl oz	0
1 cup (8 fl oz)	0
1 bottle	0
1 bottle (20 fl oz)	0