

Nutrition Facts

DV: Recommended Daily Value

Menu	Serving	Calories	Fat (g)	%DV Fat	Saturated fat (g)	Trans fat (g)	%DV Saturated + trans fat	Cholesterol (mg)	Sodium (mg)	%DV Sodium	Carbohydrate (g)	%DV Carbohydrate	Fibre (g)	%DV Fibre	Sugars (g)	Protein (g)	%DV Vitamin A	%DV Vitamin C	%DV Calcium	%DV Iron
Drinks																				
Soda (Pepsi)	453ml	200	0	0	0	0	0	0	10	1	51	18	0	0	54	0	0	0	0	0
Soda (Diet Pepsi)	453ml	1	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
Vegetable juice (small)	224ml	45	0	0	0	0	0	0	550	23	10	3	0	0	9	2	4	90	2	4
Vegetable juice (large)	336ml	70	0	0	0	0	0	0	820	34	15	5	0	0	14	3	6	140	2	6
Tomato juice (small)	224ml	45	0	0	0	0	0	0	520	22	9	3	1	4	6	1	6	20	2	10
Tomato juice (large)	336ml	60	0	0	0	0	0	0	780	33	13	4	2	8	9	2	8	30	4	15
Milk 2% (small)	227ml	110	4,5	7	2,5	0,2	14	20	95	4	11	4	0	0	11	7	10	0	25	0
Milk 2% (large)	340ml	170	7	11	4	0,3	22	25	140	6	16	5	0	0	17	11	20	2	35	0
Orange juice (small)	227ml	110	0	0	0	0	0	0	20	1	26	9	0	0	23	0	0	90	2	2
Orange juice (large)	340ml	160	0	0	0	0	0	0	25	1	39	13	0	0	34	0	0	140	2	2
Apple juice (small)	227ml	90	0	0	0	0	0	0	15	1	24	8	0	0	22	0	0	90	0	2
Apple juice (large)	340ml	140	0	0	0	0	0	0	20	1	35	12	0	0	33	0	0	140	0	2