

SAMPLE APPROVED BEVERAGE LIST FOR VENDING (sorted by beverage type)												
County of Los Angeles, Public Health, Nutrition Program												
TEST PERIOD (Version 1.0b -- June 5, 2007)												
INSTRUCTIONS:												
1. Place the mouse cursor over a column heading to obtain information about the beverage category (located on the right side of the gray columns)												
2. Enter information in the light green cells in the empty rows. The gray cells show calculated values. The white cells show if beverages meet nutrition guidelines.												
3. Please spell-out "Yes" or "No" since this beverage guide does not recognize abbreviations.												
Beverage Product	Beverage Type	Serving Size in Ounces (obtain from nutrition label)	Servings per Container (obtain from nutrition label)	Calories per Serving (obtain from nutrition label)	Total Ounces per Container	Total Calories per Container	Drinking Water (Yes/No)	100 Percent Juice (Yes/No)	Dairy Milk -- Either Non-fat, 1% or 2% without Added Flavor (Yes/No)	Plant-Based Milk without Added Flavor (Yes/No)	Other Beverages (Yes/No) Please see comment box for explanation	Ok?
Minute Maid 100% Apple Juice	100% juice	8.0	1.25	110	10	138	No	Yes	No	No	No	Yes
Minute Maid 100% Juice Fruit Medley	100% juice	8.0	1.25	120	10	150	No	Yes	No	No	No	Yes
Minute Maid 100% Juice Grape Blend	100% juice	8.0	1.25	120	10	150	No	Yes	No	No	No	Yes
Minute Maid 100% Juice Mixed Berry Blend	100% juice	8.0	1.25	120	10	150	No	Yes	No	No	No	Yes
Minute Maid 100% Orange Juice	100% juice	8.0	1.25	110	10	138	No	Yes	No	No	No	Yes
Tropicana 100% Orange Juice Calcium + Vitamin D	100% juice	8.0	1.00	110	8	110	No	Yes	No	No	No	Yes
Tropicana 100% Orange Juice No Pulp	100% juice	8.0	1.00	110	8	110	No	Yes	No	No	No	Yes
Almond Breeze Original	Almond milk	8.0	1	60	8	60	No	No	No	Yes	No	Yes
Almond Breeze Original Unsweetened	Almond milk	8.0	1	40	8	40	No	No	No	Yes	No	Yes
Diet V8 Splash Juice Drink Diet Berry Blend	Diet beverage	8.0	1.00	10	8	10	No	No	No	No	Yes	Yes
Diet V8 Splash Juice Drink Diet Fruit Medley	Diet beverage	8.0	1.00	10	8	10	No	No	No	No	Yes	Yes
Diet V8 Splash Juice Drink Diet Strawberry Kiwi	Diet beverage	8.0	1.00	10	8	10	No	No	No	No	Yes	Yes
Diet V8 Splash Juice Drink Diet Tropical Blend	Diet beverage	8.0	1.00	10	8	10	No	No	No	No	Yes	Yes
Sobe Diet Citrus Flavored Beverage	Diet beverage	8.0	2.50	5	20	13	No	No	No	No	Yes	Yes
Sobe Diet Cranberry Grapefruit Flavored Beverage	Diet beverage	8.0	2.50	5	20	13	No	No	No	No	Yes	Yes
Starbucks Iced Coffee Light	Diet beverage	8.0	1.40	25	11.2	35	No	No	No	No	Yes	Yes
Tropicana Sugar Free Fruit Punch	Diet beverage	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Tropicana Sugar Free Lemonade	Diet beverage	8.0	2.50	5	20	13	No	No	No	No	Yes	Yes
Tropicana Sugar Free Orangeade	Diet beverage	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Diet Snapple Apple	Diet iced tea	8.0	2.00	15	16	30	No	No	No	No	Yes	Yes
Diet Snapple Cranberry Raspberry	Diet iced tea	8.0	2.00	10	16	20	No	No	No	No	Yes	Yes
Diet Snapple Green Tea	Diet iced tea	8.0	2.00	0	16	0	No	No	No	No	Yes	Yes
Diet Snapple Kiwi Strawberry	Diet iced tea	8.0	2.00	20	16	40	No	No	No	No	Yes	Yes
Diet Snapple Lemonade Iced Tea	Diet iced tea	8.0	2.00	0	16	0	No	No	No	No	Yes	Yes
Diet Snapple Lime Green Tea	Diet iced tea	8.0	2.00	0	16	0	No	No	No	No	Yes	Yes
Diet Snapple Orange Carrot	Diet iced tea	8.0	2.00	10	16	20	No	No	No	No	Yes	Yes
Diet Snapple Peach Tea	Diet iced tea	8.0	2.00	0	16	0	No	No	No	No	Yes	Yes
Diet Snapple Pink Lemonade	Diet iced tea	8.0	2.00	10	16	20	No	No	No	No	Yes	Yes
Diet Snapple Plum-A-Granate Iced Tea	Diet iced tea	8.0	2.00	5	16	10	No	No	No	No	Yes	Yes
Diet Snapple Raspberry Tea	Diet iced tea	8.0	2.00	0	16	0	No	No	No	No	Yes	Yes
Lipton Brisk Diet Iced Tea with Lemon	Diet iced tea	8.0	2.00	0	16	0	No	No	No	No	Yes	Yes
Lipton Iced Tea Diet Green Tea with Citrus	Diet iced tea	8.0	2.00	0	16	0	No	No	No	No	Yes	Yes
Lipton Iced Tea Diet Iced Tea with Lemon	Diet iced tea	8.0	2.00	0	16	0	No	No	No	No	Yes	Yes
Nestea Diet Lemon Flavored Iced Tea	Diet iced tea	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Nestea Diet Peach Flavored Green Tea	Diet iced tea	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Sobe Diet Green Tea	Diet iced tea	8.0	2.50	5	20	13	No	No	No	No	Yes	Yes
Sobe Diet Mango Melon Flavored Beverage	Diet iced tea	8.0	2.50	5	20	13	No	No	No	No	Yes	Yes
Sobe Diet Peach Tea	Diet iced tea	8.0	2.50	5	20	13	No	No	No	No	Yes	Yes
Caffeine Free Diet Coke	Diet soda	8.0	2.50	1	20	3	No	No	No	No	Yes	Yes
Caffeine Free Diet Mountain Dew	Diet soda	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Caffeine Free Diet Pepsi	Diet soda	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Coca Cola Zero	Diet soda	8.0	2.50	1	20	2	No	No	No	No	Yes	Yes
Diet Barq's French Vanilla Crème Soda	Diet soda	8.0	2.50	1	20	4	No	No	No	No	Yes	Yes
Diet Barq's Red Crème Soda	Diet soda	8.0	2.50	4	20	9	No	No	No	No	Yes	Yes
Diet Barq's Root Beer	Diet soda	8.0	2.50	1	20	2	No	No	No	No	Yes	Yes
Diet Cherry Coke	Diet soda	8.0	2.50	1	20	1	No	No	No	No	Yes	Yes
Diet Coke	Diet soda	8.0	2.50	1	20	3	No	No	No	No	Yes	Yes

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Diet Coke Black Cherry Vanilla	Diet soda	8.0	2.50	1	20	3	No	No	No	No	Yes	Yes
Diet Coke sweetened with Splenda	Diet soda	8.0	2.50	1	20	3	No	No	No	No	Yes	Yes
Diet Coke with Lime	Diet soda	8.0	2.50	2	20	5	No	No	No	No	Yes	Yes
Diet Mountain Dew	Diet soda	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Diet Mountain Dew Code Red	Diet soda	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Diet Mr. Pibb	Diet soda	8.0	2.50	1	20	3	No	No	No	No	Yes	Yes
Diet Mug Cream Soda	Diet soda	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Diet Mug Root Beer	Diet soda	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Diet Pepsi	Diet soda	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Diet Pepsi Lime	Diet soda	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Diet Pepsi Vanilla	Diet soda	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Diet Pepsi Wild Cherry	Diet soda	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Diet Seagram's Ginger Ale	Diet soda	8.0	2.50	2	20	5	No	No	No	No	Yes	Yes
Diet Seagram's Raspberry Ginger Ale	Diet soda	8.0	2.50	2	20	5	No	No	No	No	Yes	Yes
Diet Sprite Zero	Diet soda	8.0	2.50	2	20	6	No	No	No	No	Yes	Yes
Fanta Zero Orange	Diet soda	8.0	2.50	2	20	6	No	No	No	No	Yes	Yes
Pepsi One	Diet soda	8.0	2.50	1	20	3	No	No	No	No	Yes	Yes
Pibb Zero	Diet soda	8.0	2.50	2	20	4	No	No	No	No	Yes	Yes
Sierra Mist Free	Diet soda	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Tropicana Twister Soda Diet Orange	Diet soda	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Aloe Splash Pineapple Pear Flavored Water	Flavored water	8.0	2.5	0	20	0	No	No	No	No	Yes	Yes
AquaCal Black Cherry Flavored Water	Flavored water	16.9	1	0	16.9	0	No	No	No	No	Yes	Yes
AquaCal Lemon Zest Flavored Water	Flavored water	16.9	1	0	16.9	0	No	No	No	No	Yes	Yes
AquaCal Peach Mango Flavored Water	Flavored water	16.9	1	0	16.9	0	No	No	No	No	Yes	Yes
AquaCal Raspberry Flavored Water	Flavored water	16.9	1	0	16.9	0	No	No	No	No	Yes	Yes
AquaCal Strawberry Flavored Water	Flavored water	16.9	1	0	16.9	0	No	No	No	No	Yes	Yes
Aquafina Alive Berry Pomegranate	Flavored water	8.0	2.50	10	20	25	No	No	No	No	Yes	Yes
Aquafina FlavorSplash Citrus Blend	Flavored water	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Aquafina FlavorSplash Raspberry	Flavored water	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Aquafina FlavorSplash Wild Berry	Flavored water	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Aquafina Sparkling Berry	Flavored water	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Aquafina Sparkling Lemon-Lime	Flavored water	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Dasani Grape Flavored Water	Flavored water	8.0	2.50	1	20	3	No	No	No	No	Yes	Yes
Dasani Lemon Flavored Water	Flavored water	8.0	2.50	2	20	5	No	No	No	No	Yes	Yes
Dasani Raspberry Flavored Water	Flavored water	8.0	2.50	1	20	3	No	No	No	No	Yes	Yes
Dasani Strawberry Flavored Water	Flavored water	8.0	2.50	2	20	5	No	No	No	No	Yes	Yes
Propel Fitness Water (All Flavors)	Flavored water	8.0	2.10	10	16.8	21	No	No	No	No	Yes	Yes
Seagram's Black Cherry Seltzer Naturals	Flavored water	8.0	2.50	2	20	5	No	No	No	No	Yes	Yes
Seagram's Lemon Lime Seltzer Naturals	Flavored water	8.0	2.50	1	20	3	No	No	No	No	Yes	Yes
Seagram's Orange Seltzer Naturals	Flavored water	8.0	2.50	1	20	3	No	No	No	No	Yes	Yes
Seagram's Raspberry Seltzer Naturals	Flavored water	8.0	2.50	1	20	3	No	No	No	No	Yes	Yes
Rice Dream Original Enriched Rice Milk	Rice milk	8.0	1.00	120	8	120	No	No	No	Yes	No	Yes
Rice Dream Original Rice Milk	Rice milk	8.0	1.00	120	8	120	No	No	No	Yes	No	Yes
Edensoy Carob Organic	Soy milk	8.5	1.00	170	8.45	170	No	No	No	Yes	No	Yes
Edensoy Original Organic	Soy milk	8.5	1.00	140	8.45	140	No	No	No	Yes	No	Yes
Vitasoy Classic Original Soymilk	Soy milk	8.0	1.00	120	8	120	No	No	No	Yes	No	Yes
Vitasoy Complete Original Soymilk	Soy milk	8.0	1.00	70	8	70	No	No	No	Yes	No	Yes
Vitasoy Creamy Original Soymilk	Soy milk	8.0	1.00	110	8	110	No	No	No	Yes	No	Yes
Vitasoy Light Original Soy Drink	Soy milk	8.0	1.00	60	8	60	No	No	No	Yes	No	Yes
Vitasoy Unsweetened Original Soymilk	Soy milk	8.0	1.00	80	8	80	No	No	No	Yes	No	Yes
Aquafina	Water	8.0	2.50	0	20	0	Yes	No	No	No	No	Yes
Aquafina Sparkling Original	Water	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Dasani Water	Water	8.0	2.50	0	20	0	Yes	No	No	No	No	Yes
Seagram's Club Soda	Water	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
Seagram's Diet Tonic Water	Water	8.0	2.50	3	20	8	Yes	No	No	No	Yes	Yes
Seagram's Original Seltzer	Water	8.0	2.50	0	20	0	No	No	No	No	Yes	Yes
						0						No
						0						No
						0						No
						0						No