



Waters for K-12 Schools

The products listed below meet nutrition guidelines for Elementary ("E"), Middle ("M") and/or High ("H") schools that were set by the Alliance for a Healthier Generation (www.healthiergeneration.org) and endorsed by the beverage industry in May, 2006. For more information on these and other Pepsi products, visit www.pepsiproductfacts.com.

Nutrition values are shown per 8 oz serving.	Meets Guidelines for Elementary (E), Middle (M) and/or High (H) schools in the listed sizes ¹	Calories	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV ²	Vitamin C %DV ²	Calcium %DV ²	Iron %DV ²	Vitamin E %DV ²	Niacin %DV ²	Vitamin B6 %DV ²	Vitamin B12 %DV ²	Pantothenic Acid %DV ²
Aquafina	E, M & H	0	0	0	0	-	0	0	0	0	0	0	0	0	0	0	0
Aquafina FlavorSplash - Grape	H	0	0	85	0	0	0	0	0	0	0	0	0	0	0	0	0
Aquafina FlavorSplash - Lemon	H	0	0	65	0	0	0	0	0	0	0	0	0	0	0	0	0
Aquafina FlavorSplash - Peach Mango	H	0	0	65	0	0	0	0	0	0	0	0	0	0	0	0	0
Aquafina FlavorSplash - Raspberry	H	0	0	65	0	0	0	0	0	0	0	0	0	0	0	0	0
Aquafina FlavorSplash - Strawberry Kiwi	H	0	0	65	0	0	0	0	0	0	0	0	0	0	0	0	0
Aquafina FlavorSplash - Wild Berry	H	0	0	65	0	0	0	0	0	0	0	0	0	0	0	0	0
Aquafina Sparkling - Berry Burst	H	0	0	55	0	-	0	0	-	-	-	-	-	-	-	-	-
Aquafina Sparkling - Citrus Twist	H	0	0	45	0	-	0	0	-	-	-	-	-	-	-	-	-
Propel - Berry	H	0	0	75	2	0	2	0	0	10	0	0	10	25	25	0	25
Propel - Black Cherry	H	0	0	80	2	0	2	0	0	10	0	0	10	25	25	0	25
Propel - Blueberry Pomegranate	H	0	0	80	2	0	2	0	0	10	0	0	10	25	25	0	25
Propel - Grape	H	0	0	75	2	0	2	0	0	10	0	0	10	25	25	0	25
Propel - Kiwi Strawberry	H	0	0	75	2	0	2	0	0	10	0	0	10	25	25	0	25
Propel - Lemon	H	0	0	80	2	0	2	0	0	10	0	0	10	25	25	0	25
Propel - Peach	H	0	0	80	2	0	2	0	0	10	0	0	10	25	25	0	25
SoBe Lifewater Acai Fruit Punch - 0 Cal	H	0	0	25	6	0	0	0	0	100	0	0	20	10	10	10	10
SoBe Lifewater Black and Blue Berry - 0 Cal	H	0	0	25	6	0	0	0	0	100	0	0	20	10	10	10	10

SoBe Lifewater Cherimoya Punch - 0 Cal	H	0	0	25	6	0	0	0	0	40	0	0	20	10	10	10	10
SoBe Lifewater Mango Melon - 0 Cal	H	0	0	25	6	0	0	0	0	120	0	0	20	10	10	10	10
SoBe Lifewater Strawberry Kiwi Lemonade - 0 Cal	H	0	0	25	6	0	0	0	0	10	2	0	0	0	0	0	0
SoBe Lifewater Syrah Grape Berry - 0 Cal	H	0	0	25	7	0	0	0	0	10	2	0	0	0	0	0	0

Not a significant source of other nutrients.

Last Updated: July 28, 2010

Notes: 1. E = Elementary Schools M = Middle Schools H = High Schools.

Beverages with 10 or fewer calories per 8 oz may be sold in any container size.

Beverages with 66 or fewer calories per 8 oz must be sold in 12 oz or smaller containers.

2. %DV is based on a 2,000 calorie diet.



Sports Drinks for High Schools

The products listed below meet nutrition guidelines for Elementary ("E"), Middle ("M") and/or High ("H") schools that were set by the Alliance for a Healthier Generation (www.healthiergeneration.org) and endorsed by the beverage industry in May, 2006. For more information on these and other Pepsi products, visit www.pepsiproductfacts.com.

Nutrition values are shown per 8 oz serving.	Meets Guidelines for Elementary (E), Middle (M) and/or High (H) schools in the listed sizes ¹	Calories	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Protein (g)
Gatorade G - Cool Blue	H	50	0	110	14	14	0
Gatorade G - Frost Glacier Freeze	H	50	0	110	14	14	0
Gatorade G - Fruit Punch	H	50	0	110	14	14	0
Gatorade G - Ice Punch	H	50	0	110	14	14	0
Gatorade G - Lemon Lime	H	50	0	110	14	14	0
Gatorade G - Orange	H	50	0	110	14	14	0
Gatorade G - Strawberry	H	50	0	110	14	14	0
Gatorade Fierce - Grape	H	50	0	110	14	14	0
Gatorade Rain - Berry	H	50	0	110	14	14	0
G2 - Blueberry Pomegranate	H	20	0	110	5	5	0
G2 - Fruit Punch	H	20	0	110	5	5	0
G2 - Glacier Freeze	H	20	0	110	5	5	0
G2 - Grape	H	20	0	110	5	5	0
G2 - Lemon-Lime	H	20	0	110	5	5	0
G2 - Orange	H	20	0	110	5	5	0

Not a significant source of other nutrients.

Last Updated: July 28, 2010

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Beverages with 10 or fewer calories per 8 oz may be sold in any container size.

Beverages with 66 or fewer calories per 8 oz must be sold in 12 oz or smaller containers.

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Sparkling Beverages & Teas for High Schools

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Nutrition values are shown per 8 oz serving.	Meets Guidelines for Elementary (E), Middle (M) and/or High (H) schools in the listed sizes ¹	Calories	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Sugars (g)	Protein (g)
Pepsi MAX	H	0	0	25	0	0	0
Pepsi MAX Cease Fire	H	0	0	25	0	0	0
Pepsi One	H	1	0	25	0	0	0
Diet Pepsi	H	0	0	25	0	0	0
Caffeine Free Diet Pepsi	H	0	0	25	0	0	0
Diet Pepsi Cherry Vanilla	H	0	0	25	0	0	0
Diet Pepsi Lime	H	0	0	25	0	0	0
Diet Pepsi Vanilla	H	0	0	25	0	0	0
Diet Pepsi Wild Cherry	H	0	0	25	0	0	0
Diet Mountain Dew	H	0	0	35	0	0	0
Caffeine Free Diet Mountain Dew	H	0	0	35	0	0	0
Diet Mountain Dew Code Red	H	0	0	25	0	0	0
Diet Sierra Mist	H	0	0	25	0	0	0
Diet Sierra Mist Cranberry Splash	H	0	0	55	0	0	0
Diet Sierra Mist Ruby Splash	H	0	0	25	0	0	0
Diet Mug Root Beer	H	0	0	45	0	0	0
Diet Mug Cream Soda	H	0	0	45	0	0	0
Lipton Brisk No Calorie Lemon Iced Tea	H	0	0	50	0	0	0
Lipton Diet Green Tea with Citrus	H	0	0	80	0	0	0
Lipton Diet Green Tea with Mixed Berry	H	0	0	85	0	0	0
Lipton Diet Iced Tea with Lemon	H	0	0	65	0	0	0
Lipton Diet White Tea with Raspberry	H	0	0	85	0	0	0
Lipton Sparkling - Diet Strawberry Kiwi	H	0	0	60	0	0	0

Not a significant source of other nutrients.

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Beverages with 10 or fewer calories per 8 oz may be sold in any container size.

Beverages with 66 or fewer calories per 8 oz must be sold in 12 oz or smaller containers.

2. %DV is based on a 2,000 calorie diet.



Juices & Juice Drinks for K-12 Schools

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Nutrition values are shown per 8 oz serving.	Meets Guidelines for Elementary (E), Middle (M) and/or High (H) schools in the listed sizes ¹	Calories	% Juice	Total Fat (g)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV ²	Vitamin C %DV ²	Calcium %DV ²	Iron %DV ²	Vitamin E %DV ²	Niacin %DV ²	Vitamin B6 %DV ²	Folate %DV ²	Potassium %DV ²
Dole Plus - Apple	M & H	110	100	0	25	27	-	25	1	0	100	2	0	10	10	4	-	7
Dole Plus - Fruit Punch	M & H	120	100	0	25	27	-	26	1	0	100	0	0	10	10	-	-	6
Dole Plus - Orange	M & H	110	100	0	25	27	-	22	2	0	100	2	0	15	2	4	15	13
Tropicana Light - Lemonade	H	0	3	0	65	< 1	0	0	0	0	-	0	0	0	0	0	0	1
Tropicana Light - Orangeade	H	0	1	0	70	< 1	0	0	0	0	-	0	0	0	0	0	0	1

Not a significant source of other nutrients.

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Beverages with 10 or fewer calories per 8 oz may be sold in any container size.

Beverages with 66 or fewer calories per 8 oz must be sold in 12 oz or smaller containers.

100% Juices with 120 or fewer calories per 8 oz must be sold in 12 oz or smaller containers in High Schools, 10 oz or smaller containers in Middle Schools, and 8 oz or smaller containers in Elementary Schools.

2. %DV is based on a 2,000 calorie diet.