Calorie chart: soft drinks (PDF)

Calories, protein, carbohydrate and fat for 48 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
AMP Energy Drink	1 serving (240 g)	110	**46**	0.3	12.1	0.1
AMP Sugar Free Energy Drink	8 fl oz (240 g)	5	**2**	0	1	0
Caffeine Free Cola	1 fl oz (30.7 g)	13	**41**	0	10.6	0
Caffeine Free Diet Cola	1 fl oz (29.6 g)	0	**1**	0.1	0.1	0
Caffeine Free Diet Non-Cola Soda	1 fl oz (29.6 g)	0	**0**	0.1	0	0
Chocolate Soda	1 fl oz (31 g)	13	**42**	0	10.7	0
Citrus Energy Drink	8 fl oz (240 g)	108	**45**	0	11.3	0
Citrus Soda	16 fl oz (473 g)	232	**49**	0	12.8	0
Club Soda	1 can or bottle (12 fl oz) (355 g)	0	**0**	0	0	0
Cola	1 can or bottle (12 fl oz) (370 g)	155	**42**	0	10.4	0.3
Cream Soda	1 fl oz (30.9 g)	16	**51**	0	13.3	0
Diet Cola	1 can can 12 fl oz (355 g)	7	**2**	0.1	0.3	0
Diet Cola with Saccharin	1 fl oz (29.6 g)	0	**0**	0	0.1	0
Diet Non-Cola Soda with Caffeine	1 fl oz (29.6 g)	0	**0**	0.1	0	0
Diet Non-Cola Soda with Saccharin	1 fl oz (29.6 g)	0	**0**	0	0.1	0
Energy Drink	8 fl oz (240 g)	149	**62**	0.4	15	0
Fast Food Cola	1 serving child 12 fl oz, without ice (258 g)	95	**37**	0.1	9.6	0
Full Throttle Energy Drink	1 serving 8 fluid oz (240 g)	110	**46**	0.3	12.1	0.1
Gatorade G Performance Sports Drink	1 fl oz (30.5 g)	8	**26**	0	6.4	0
Gatorade G2 Low Calorie	8 fl oz (237 g)	19	**8**	0.1	1.9	0
Gatorade Orange Drink Mix Powder	1 cup powder (207 g)	803	**388**	0	94.1	1.2
Ginger Ale	1 can or bottle (12 fl oz) (366 g)	124	**34**	0	8.8	0
Grape Soda	1 fl oz (31 g)	13	**43**	0	11.2	0
High Caffeine Limeade Soda	1 cup (253 g)	43	**17**	0	4.1	0.1
Lemon Lime Soda	1 drink (12 fl oz) (368 g)	151	**41**	0.1	10.4	0
Monster Energy Drink	1 serving (240 g)	113	**47**	0.5	11.3	0
Monster Low Carb Energy Drink	8 fl oz (240 g)	12	**5**	0	1.4	0
NOS Energy Drink	16 fl oz (480 g)	211	**44**	0	11.3	0
NOS Zero Energy Drink	16 fl oz (480 g)	19	**4**	0	1	0
Orange Soda	1 can or bottle (12 fl oz) (372 g)	179	**48**	0	12.3	0
Pepper-Type Soda	1 fl oz (30.7 g)	13	**41**	0	10.4	0.1
Powerade Lemon-Lime	1 fl oz (30.5 g)	10	**32**	0	7.8	0.1
Powerade Zero Ion4	8 fl oz (237 g)	0	**0**	0	0	0
Powerade Zero Mixed Berry	12 fl oz (360 g)	0	**0**	0	0.1	0
Propel Zero Fruit Flavored Water	1 fl oz (29.6 g)	1	**5**	0	1.1	0
Red Bull	1 can 8.4 fl oz (258 g)	111	**43**	0.5	10.2	0
Red Bull Sugar Free	1 serving 8.3 fl oz can (250 g)	13	**5**	0.3	0.7	0.1

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Reduced Sugar Cola	1 fl oz (29.6 g)	6	**20**	0	5.2	0
Rockstar Energy Drink	1 fl oz (31 g)	18	**58**	0.3	12.7	0.2
Rockstar Sugar Free	8 fl oz (240 g)	10	**4**	0.3	0.7	0.1
Root Beer	1 can or bottle (12 fl oz) (370 g)	152	**41**	0	10.6	0
Sprite	1 fl oz (30.8 g)	12	**40**	0.1	10.1	0
Sugar Free Energy Drink	8 fl oz (240 g)	10	**4**	0.4	0.4	0
Tonic Water	1 can or bottle (12 fl oz) (366 g)	124	**34**	0	8.8	0
Vault Citrus Energy Drink	8 fl oz (1 serving) (246 g)	121	**49**	0	13	0
Vault Zero Citrus Energy Drink	1 serving (8 fl oz) (246 g)	2	**1**	0.3	0.7	0.1
Zevia Caffeine Free Cola	1 can (355 g)	0	**0**	0	1.1	0
Zevia Cola	1 can (355 g)	0	**0**	0	1.1	0

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight.
Interactive tables and Nutrition Facts labels: https://nutritionfactlabel.com/nutrition-database/soft-drinks/