



NUTRITION GUIDE

Item	Serving Size (gms)	Calories	Calories from Fat	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (g)	Cholesterol (mgs)	Sodium (mgs)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)
Chicken												
OR Chicken- Whole Wing	48	140	70	8	2	0	50	390	4	0	0	12
OR Chicken- Breast	164	320	130	15	3.5	0	110	710	4	0	0	42
OR Chicken-Breast without skin or breading	116	150	25	2.5	0.5	0	85	430	0	0	0	31
OR Chicken- Drumstick	53	120	60	7	1.5	0	50	340	3	0	0	12
OR Chicken- Thigh	94	220	130	15	4	0	80	620	5	0	0	18
EC Chicken- Whole Wing	56	190	110	13	2.5	0	55	410	6	0	0	12
EC Chicken- Breast	176	510	290	33	7	0	110	1010	16	0	1	39
EC Chicken- Drumstick	59	150	90	10	2	0	55	360	5	0	0	12
EC Chicken- Thigh	110	340	220	24	5	0	80	780	10	0	0	20
Splcy Crispy- Whole Wing	51	170	110	12	2.5	0	45	470	6	0	0	11
Splcy Crispy- Breast	178	420	220	25	5	0	110	1250	12	1	0	38
Splcy Crispy- Drumstick	55	160	90	10	2	0	50	440	5	0	0	11
Splcy Crispy- Thigh	111	360	240	27	6	0	85	1010	13	1	0	17
Grilled Chicken- Whole Wing	37	80	40	4.5	1.5	0	50	230	0	0	0	11
Grilled Chicken- Breast	123	190	50	6	1.5	0	90	550	0	0	0	34
Grilled Chicken- Drumstick	42	70	30	3.5	1	0	45	250	0	0	0	10
Grilled Chicken- Thigh	71	150	80	9	2.5	0	85	350	0	0	0	17
Strips & Filets												
Crispy Strips (3)	152	380	200	22	6	0	80	720	12	1	0	33
Crispy Strips (2)	101	250	130	15	4	0	50	480	8	1	0	22
KFC® Grilled Filet	102	130	20	2	1	0	75	390	0	0	0	27
KFC® OR Filet	96	170	60	7	1.5	0	55	360	4	1	0	23
Popcorn Chicken												
Popcorn Chicken-Kids	85	290	170	19	3.5	0	40	850	16	2	0	16
Popcorn Chicken-Individual	116	400	230	26	4.5	0	60	1160	22	3	0	21
Popcorn Chicken-Large	160	550	320	35	6	0	80	1600	30	3	0	29
Wings												
Boneless HBBQ Wings (1)	33	80	35	3.5	0.5	0	10	340	7	1	2	5
Boneless Fiery Buffalo Wings (1)	34	80	35	3.5	0.5	0	10	390	6	1	0	5
HBBQ Wings (1)	26	80	45	5	1	0	20	170	5	1	2	4
Fiery Buffalo Wings (1)	28	80	45	5	1	0	20	230	4	1	0	4
Hot Wings® (1)	22	70	45	5	1	0	20	150	3	0	0	4
HBBQ Hot Wings® (1)	31	90	45	5	1	0	20	260	7	0	2	4
Fiery Buffalo Hot Wings® (1)	29	80	45	5	1	0	20	280	5	1	0	4
Fiery Grilled Wings (1)	31	70	35	4	1	0	30	200	0	0	0	7
Sandwiches & Wraps												
KFC Snacker® with Crispy Strip	115	300	130	14	3	0	30	460	28	2	4	15
KFC Snacker® with Crispy Strip without Sauce	105	250	80	9	2.5	0	25	410	27	2	4	15
KFC Snacker® with Crispy Strip, Buffalo	115	260	80	9	2.5	0	25	580	30	2	4	15
KFC Snacker®, Fish	116	320	130	14	3	0	60	640	31	2	5	16
KFC Snacker®, Fish without Sauce	105	290	110	12	2.5	0	55	550	29	1	4	16
KFC Snacker® with Crispy Strip, Ultimate Cheese	114	280	100	11	3	0	30	560	29	2	4	16
KFC Snacker®, Honey BBQ	98	210	30	3	1	0	35	470	32	2	12	13
Honey BBQ Sandwich	162	310	35	4	1	0	70	810	42	1	19	23
Double Crunch Sandwich with Crispy Strip	214	520	250	28	6	0	60	820	35	1	5	27
Double Crunch Sandwich with Crispy Strip without Sauce	191	410	150	16	4.5	0	50	690	34	1	4	27
Crispy Twister® with Crispy Strip	238	590	280	31	7	0	60	1220	49	2	5	28
Crispy Twister® with Crispy Strip without Sauce	216	480	180	20	6	0	50	1100	48	2	4	28
Grilled Twister®	239	460	170	18	4.5	0	80	1140	41	2	5	34
Grilled Twister® without Sauce	217	360	70	8	2.5	0	75	1020	40	2	4	33
Tender Roast® Sandwich	228	410	140	15	3	0	90	790	29	0	6	34
Tender Roast® Sandwich without Sauce	204	300	35	4	1.5	0	80	660	28	0	4	34
OR Filet Sandwich	197	480	210	24	4	0	60	1210	37	1	5	25
OR Filet Sandwich without Sauce	173	370	110	12	2.5	0	50	1080	36	1	4	25
Toasted Wrap with Crispy Strip	133	360	180	20	6	0	40	710	27	1	2	17
Toasted Wrap with Crispy Strip without Sauce	119	300	120	14	5	0	35	640	27	1	1	17
Toasted Wrap with Tender Roast® Filet	140	310	130	15	5	0	55	700	24	1	2	21
Toasted Wrap with Tender Roast® Filet without Sauce	126	240	70	8	3.5	0	50	630	23	1	2	20
Toasted Wrap with Grilled Filet	134	300	130	14	5	0	50	670	24	1	2	20
Toasted Wrap with Grilled Filet without Sauce	120	240	70	8	3.5	0	45	600	23	1	2	20
Mini Melt	108	250	60	7	3	0	45	690	31	2	9	15
Grilled Double Down	253	460	210	23	9	0	185	1430	3	0	1	61
Double Down	241	540	290	32	10	0.5	145	1380	11	1	1	53
Grilled Filet Sandwich	197	390	140	15	3	0	80	730	27	0	5	32
Grilled Filet Sandwich without Sauce	173	280	35	3.5	1.5	0	75	600	26	0	3	32



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Pot Pie, Bowls, & Value Boxes												
Chicken Pot Pie	369	690	360	40	31	0	95	1760	57	3	14	27
KFC Famous Bowls®-Mashed Potato with Gravy	525	700	290	32	8	1	55	2260	77	6	3	26
Snack-Size Bowl	232	320	140	15	4.5	0.5	30	990	34	3	1	12
Popcorn Chicken Value Box	218	660	340	38	7	0.5	60	1900	55	5	0	25
Hot Wings® Value Box	169	470	240	27	6	0	65	1190	41	4	0	16
Fiery Buffalo Hot Wings® Value Box	190	500	250	27	6	0	65	1580	46	4	0	16
HBBQ Hot Wings® Value Box	195	520	250	27	6	0	65	1530	53	4	7	16
Grilled Drumstick Value Box	156	360	160	18	3.5	0	50	1080	36	3	0	15
OR Drumstick Value Box	166	410	190	21	4	0	55	1170	40	3	0	16
EC Drumstick Value Box	172	440	210	24	4.5	0	55	1190	41	3	0	16
Grilled Thigh Value Box	185	440	210	23	5	0	85	1170	36	3	0	22
OR Thigh Value Box	207	510	260	29	6	0	85	1450	41	3	0	22
EC Thigh Value Box	223	630	340	38	8	0	80	1600	47	3	0	24
Salads & More												
Grilled Chicken Caesar Salad without Dressing & Croutons	263	200	60	6	3	0	85	570	4	2	3	33
Crispy Chicken Caesar Salad without Dressing & Croutons	262	320	170	19	6	0	65	660	12	3	3	28
Caesar Side Salad without Dressing & Croutons	76	35	20	2	1	0	5	90	2	1	1	3
Grilled Chicken BLT Salad without Dressing	316	220	60	7	2.5	0	90	750	6	3	4	35
Crispy Chicken BLT Salad without Dressing	315	340	170	19	5	0	70	840	14	3	4	30
House Side Salad without Dressing	87	15	0	0	0	0	0	10	2	1	2	1
Heinz Buttermilk Ranch Dressing (1)	28	160	150	17	2	0	10	220	1	0	1	0
Hidden Valley® The Original Ranch® Fat Free Dressing (1)	43	35	0	0	0	0	0	410	8	0	2	1
Marzetti Light Italian Dressing (1)	28	10	0	0.5	0	0	0	510	2	0	1	0
KFC® Creamy Parmesan Caesar Dressing (1)	57	260	230	26	5	0	15	540	4	0	2	2
Parmesan Garlic Croutons Pouch (1)	14	70	25	3	0	0	0	140	8	1	1	2
Sides (Individual)												
Green Beans	86	20	0	0	0	0	0	290	3	1	1	1
Mashed Potatoes with Gravy	145	120	35	4	1	0	0	530	19	1	0	2
Mashed Potatoes without Gravy	102	90	25	3	0.5	0	0	320	15	1	0	2
Macaroni and Cheese	137	180	80	9	3	0	5	880	20	2	4	6
Potato Wedges	102	260	110	13	2.5	0	0	740	33	3	0	4
Corn on the Cob (3")	71	70	5	0.5	0	0	0	0	16	2	3	2
Corn on the Cob (5.5")	146	140	10	1	0	0	0	5	33	4	5	5
BBQ Baked Beans	130	200	10	1.5	0	0	0	680	39	9	18	8
Potato Salad	128	200	90	10	2	0	5	540	24	3	5	2
Cole Slaw	130	180	100	11	1.5	0	0	160	19	2	14	1
Biscuit	54	180	70	8	6	0	0	530	23	1	2	4
Sweet Kernel Corn	102	110	5	0.5	0	0	0	0	23	2	4	4
Macaroni Salad	107	180	80	9	2	0	5	400	20	1	6	3
Three Bean Salad	87	70	5	0	0	0	0	170	14	3	7	3
KFC® Red Beans with Sausage and Rice	144	160	25	2.5	0.5	0	5	340	26	4	0	24
KFC® Cornbread Muffin	52	210	80	9	1.5	0	35	240	28	1	11	3
Other												
Sargento® Light String Cheese	21	50	25	2.5	1.5	0	10	160	1	0	0	6
KFC® Glizzards	55	200	100	11	2	0	100	800	15	1	0	11
KFC® Livers	55	180	90	10	2	0	200	620	11	0	0	11
Country Fried Steak without Peppered White Gravy	111	360	220	24	8	1	40	1040	19	2	0	16
Country Fried Steak with Peppered White Gravy	155	390	230	26	8	1	40	1200	23	2	0	16
Jalapeno Peppers	32	20	10	1.5	0	0	0	480	1	1	0	0
Honey Sauce Packet	9	30	0	0	0	0	0	0	8	0	5	0
Colonel's Buttery Spread	6	30	30	3.5	0.5	0	0	30	0	0	0	0
Fiery Buffalo Dipping Sauce Cup	25	25	0	0	0	0	0	530	6	0	1	0
Sweet and Sour Dipping Sauce Cup	25	45	0	0	0	0	0	95	12	0	10	0
Honey Mustard Dipping Sauce Cup	25	120	90	10	1.5	0	5	110	6	0	5	0
Creamy Ranch Dipping Sauce Cup	25	140	140	15	2.5	0	10	230	1	0	1	0
HBBQ Dipping Sauce Cup	25	40	0	0	0	0	0	310	9	0	8	0



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Desserts												
Apple Turnover (1)	86	260	120	13	3	0	0	170	35	1	14	2
Brownie Mix (1 pack)	57	280	140	16	6	0	30	180	31	1	21	3
Café Valley Bakery® Chocolate Chip Cake (6 slices per cake)	76 1 slice	280	80	9	3.5	0	30	160	47	1	21	3
Lil' Bucket™ Lemon Crème Parfait Cup	127	390	120	14	8	0	0	220	60	0	47	7
Lil' Bucket™ Chocolate Crème Parfait Cup	113	280	120	14	9	0	0	220	37	1	22	2
Lil' Bucket™ Strawberry Shortcake Parfait Cup	99	230	70	8	4	0	35	220	39	1	20	2
Strawberry Cream Cheese Pie Slice	78	270	130	15	10	0	5	220	31	0	22	3
Pecan Pie Slice	95	410	190	21	6	0	70	220	52	1	22	4
Lemon Meringue Pie Slice	81	250	60	7	3.5	0	35	210	42	0	33	4
Dutch Apple Pie Slice	108	320	130	14	6	0	0	300	47	1	24	2
Cookie Dough Pie Slice	68	240	110	12	7	0	10	190	31	1	21	3
Sara Lee® Sweet Potato Pie Slice	113	340	150	16	7	0	20	330	46	0	25	5
Sweet Life® Sugar Cookie	35	160	60	7	3	0	10	125	22	0	11	2
Sweet Life® Oatmeal Raisin Cookie	35	150	50	6	2.5	0	10	130	23	1	13	2
Sweet Life® Chocolate Chip Cookie	35	170	70	8	4	0	10	90	23	1	15	2
Beverages												
Capri Sun® Roarin' Waters Tropical Fruit	6 fl oz.	30	0	0	0	0	0	15	8	0	8	0
Milk 2%	10 fl oz.	170	50	6	4	0	25	180	17	0	16	12
Pepsi®*	16 fl oz.	200	0	0	0	0	0	50	56	0	54	0
Pepsi®*	20 fl oz.	250	0	0	0	0	0	65	70	0	68	0
Pepsi®*	32 fl oz.	400	0	0	0	0	0	100	112	0	108	0
Pepsi®*	64 fl oz.	800	0	0	0	0	0	200	224	0	216	0
Diet Pepsi®*	16 fl oz.	0	0	0	0	0	0	50	0	0	0	0
Diet Pepsi®*	20 fl oz.	0	0	0	0	0	0	65	0	0	0	0
Diet Pepsi®*	32 fl oz.	0	0	0	0	0	0	100	0	0	0	0
Diet Pepsi®*	64 fl oz.	0	0	0	0	0	0	200	0	0	0	0
Wild Cherry Pepsi®*	16 fl oz.	200	0	0	0	0	0	40	56	0	56	0
Wild Cherry Pepsi®*	20 fl oz.	250	0	0	0	0	0	50	70	0	70	0
Wild Cherry Pepsi®*	32 fl oz.	400	0	0	0	0	0	80	112	0	112	0
Wild Cherry Pepsi®*	64 fl oz.	800	0	0	0	0	0	160	224	0	224	0
Sierra Mist®*	16 fl oz.	200	0	0	0	0	0	40	54	0	54	0
Sierra Mist®*	20 fl oz.	250	0	0	0	0	0	50	68	0	68	0
Sierra Mist®*	32 fl oz.	400	0	0	0	0	0	80	108	0	108	0
Sierra Mist®*	64 fl oz.	800	0	0	0	0	0	160	216	0	216	0
Diet Sierra Mist®	16 fl oz.	0	0	0	0	0	0	50	0	0	0	0
Diet Sierra Mist®	20 fl oz.	0	0	0	0	0	0	65	0	0	0	0
Diet Sierra Mist®	32 fl oz.	0	0	0	0	0	0	100	0	0	0	0
Diet Sierra Mist®	64 fl oz.	0	0	0	0	0	0	200	0	0	0	0
Miranda® Strawberry*	16 fl oz.	220	0	0	0	0	0	100	58	0	58	0
Miranda® Strawberry*	20 fl oz.	280	0	0	0	0	0	125	73	0	73	0
Miranda® Strawberry*	32 fl oz.	440	0	0	0	0	0	200	116	0	116	0
Miranda® Strawberry*	64 fl oz.	880	0	0	0	0	0	400	232	0	232	0
Manzanita Sol®*	16 fl oz.	220	0	0	0	0	0	50	58	0	56	0
Manzanita Sol®*	20 fl oz.	280	0	0	0	0	0	65	73	0	70	0
Manzanita Sol®*	32 fl oz.	440	0	0	0	0	0	100	116	0	112	0
Manzanita Sol®*	64 fl oz.	880	0	0	0	0	0	200	232	0	224	0
Lipton® Brisk® Tea*	16 fl oz.	0	0	0	0	0	0	60	0	0	0	0
Lipton® Brisk® Tea*	20 fl oz.	0	0	0	0	0	0	75	0	0	0	0
Lipton® Brisk® Tea*	32 fl oz.	0	0	0	0	0	0	120	0	0	0	0
Lipton® Brisk® Tea*	64 fl oz.	0	0	0	0	0	0	240	0	0	0	0
Lipton® Brisk® Lemon Tea*	16 fl oz.	160	0	0	0	0	0	130	44	0	44	0
Lipton® Brisk® Lemon Tea*	20 fl oz.	200	0	0	0	0	0	160	55	0	55	0
Lipton® Brisk® Lemon Tea*	32 fl oz.	320	0	0	0	0	0	260	88	0	88	0
Lipton® Brisk® Lemon Tea*	64 fl oz.	640	0	0	0	0	0	520	176	0	176	0
Lipton® Brisk® Green with Peach Tea*	16 fl oz.	0	0	0	0	0	0	140	0	0	0	0
Lipton® Brisk® Green with Peach Tea*	20 fl oz.	0	0	0	0	0	0	180	0	0	0	0
Lipton® Brisk® Green with Peach Tea*	32 fl oz.	0	0	0	0	0	0	280	0	0	0	0
Lipton® Brisk® Green with Peach Tea*	64 fl oz.	0	0	0	0	0	0	560	0	0	0	0
Lipton® Brisk® Peach Tea*	16 fl oz.	160	0	0	0	0	0	50	42	0	42	0
Lipton® Brisk® Peach Tea*	20 fl oz.	200	0	0	0	0	0	65	53	0	53	0
Lipton® Brisk® Peach Tea*	32 fl oz.	320	0	0	0	0	0	100	84	0	84	0
Lipton® Brisk® Peach Tea*	64 fl oz.	640	0	0	0	0	0	200	168	0	168	0



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Lipton® Brisk® Raspberry Tea*	16 fl.oz.	160	0	0	0	0	0	50	42	0	42	0
Lipton® Brisk® Raspberry Tea*	20 fl.oz.	200	0	0	0	0	0	65	53	0	53	0
Lipton® Brisk® Raspberry Tea*	32 fl.oz.	320	0	0	0	0	0	100	84	0	84	0
Lipton® Brisk® Raspberry Tea*	64 fl.oz.	640	0	0	0	0	0	200	168	0	168	0
Mountain Dew®*	16 fl.oz.	220	0	0	0	0	0	70	58	0	58	0
Mountain Dew®*	20 fl.oz.	280	0	0	0	0	0	90	73	0	73	0
Mountain Dew®*	32 fl.oz.	440	0	0	0	0	0	140	116	0	116	0
Mountain Dew®*	64 fl.oz.	880	0	0	0	0	0	280	232	0	232	0
Diet Mountain Dew®*	16 fl.oz.	0	0	0	0	0	0	80	0	0	0	0
Diet Mountain Dew®*	20 fl.oz.	0	0	0	0	0	0	100	0	0	0	0
Diet Mountain Dew®*	32 fl.oz.	0	0	0	0	0	0	160	0	0	0	0
Diet Mountain Dew®*	64 fl.oz.	0	0	0	0	0	0	320	0	0	0	0
Code Red Mountain Dew®*	16 fl.oz.	220	0	0	0	0	0	70	62	0	62	0
Code Red Mountain Dew®*	20 fl.oz.	280	0	0	0	0	0	90	78	0	78	0
Code Red Mountain Dew®*	32 fl.oz.	440	0	0	0	0	0	140	124	0	124	0
Code Red Mountain Dew®*	64 fl.oz.	880	0	0	0	0	0	280	248	0	248	0
Tropicana® Lemonade*	16 fl.oz.	200	0	0	0	0	0	210	54	0	54	0
Tropicana® Lemonade*	20 fl.oz.	250	0	0	0	0	0	260	68	0	68	0
Tropicana® Lemonade*	32 fl.oz.	400	0	0	0	0	0	420	108	0	108	0
Tropicana® Lemonade*	64 fl.oz.	800	0	0	0	0	0	840	216	0	216	0
Tropicana® Sugar Free Lemonade*	16 fl.oz.	0	0	0	0	0	0	130	4	0	0	0
Tropicana® Sugar Free Lemonade*	20 fl.oz.	0	0	0	0	0	0	160	5	0	0	0
Tropicana® Sugar Free Lemonade*	32 fl.oz.	0	0	0	0	0	0	260	8	0	0	0
Tropicana® Sugar Free Lemonade*	64 fl.oz.	0	0	0	0	0	0	520	16	0	0	0
Tropicana® Pink Lemonade*	16 fl.oz.	200	0	0	0	0	0	210	54	0	54	0
Tropicana® Pink Lemonade*	20 fl.oz.	250	0	0	0	0	0	268	68	0	68	0
Tropicana® Pink Lemonade*	32 fl.oz.	400	0	0	0	0	0	420	108	0	108	0
Tropicana® Pink Lemonade*	64 fl.oz.	800	0	0	0	0	0	840	216	0	216	0
Tropicana® Fruit Punch*	16 fl.oz.	220	0	0	0	0	0	50	60	0	60	0
Tropicana® Fruit Punch*	20 fl.oz.	280	0	0	0	0	0	65	75	0	75	0
Tropicana® Fruit Punch*	32 fl.oz.	440	0	0	0	0	0	100	120	0	120	0
Tropicana® Fruit Punch*	64 fl.oz.	880	0	0	0	0	0	200	240	0	240	0
Tropicana® Twister® Orange*	16 fl.oz.	220	0	0	0	0	0	50	62	0	62	0
Tropicana® Twister® Orange*	20 fl.oz.	280	0	0	0	0	0	65	78	0	78	0
Tropicana® Twister® Orange*	32 fl.oz.	440	0	0	0	0	0	100	124	0	124	0
Tropicana® Twister® Orange*	64 fl.oz.	880	0	0	0	0	0	200	248	0	248	0
Mug Root Beer®*	16 fl.oz.	200	0	0	0	0	0	30	52	0	52	0
Mug Root Beer®*	20 fl.oz.	250	0	0	0	0	0	40	65	0	65	0
Mug Root Beer®*	32 fl.oz.	400	0	0	0	0	0	60	104	0	104	0
Mug Root Beer®*	64 fl.oz.	800	0	0	0	0	0	120	208	0	208	0
Dr Pepper®**	16 fl.oz.	200	0	0	0	0	0	70	54	0	54	0
Dr Pepper®**	20 fl.oz.	250	0	0	0	0	0	90	68	0	68	0
Dr Pepper®**	32 fl.oz.	400	0	0	0	0	0	140	108	0	108	0
Dr Pepper®**	64 fl.oz.	800	0	0	0	0	0	280	216	0	216	0
Diet Dr Pepper®**	16 fl.oz.	0	0	0	0	0	0	70	0	0	0	0
Diet Dr Pepper®**	20 fl.oz.	0	0	0	0	0	0	90	0	0	0	0
Diet Dr Pepper®**	32 fl.oz.	0	0	0	0	0	0	140	0	0	0	0
Diet Dr Pepper®**	64 fl.oz.	0	0	0	0	0	0	280	0	0	0	0
7UP®**	16 fl.oz.	200	0	0	0	0	0	50	52	0	52	0
7UP®**	20 fl.oz.	250	0	0	0	0	0	65	65	0	65	0
7UP®**	32 fl.oz.	400	0	0	0	0	0	100	104	0	104	0
7UP®**	64 fl.oz.	800	0	0	0	0	0	200	208	0	208	0

The Dietary Guidelines for Americans recommend limited saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily.

Recommended limits may be higher or lower depending upon daily calorie consumption.

Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Except for limited time offerings or test market items, menu products as of this printing are included in this brochure. Product data is based on current formulation as of date of publication. If you have any questions about KFC and nutrition or are particularly sensitive to specific ingredients or foods, please contact us at 1-800-CALL-KFC.

Nutrition values for fountain beverages do not account for ice. Depending on the sodium content of the water where the beverage is dispensed, the actual sodium content may be higher or lower than the listed values.



Please visit www.MyPyramid.gov for more information.

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