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# GlucoMenu®

## Beverage Guide

### Diabetic Friendly Beverage Guide from [www.GlucoMenu.com](http://www.GlucoMenu.com)

This is a list of beverages that a person with diabetes can choose more often. These beverages are very low in calorie and carbohydrate. The American Diabetes Association recognizes these as free foods.

Keep in mind beverages with caffeine deplete the body of water. We indicate whether each beverage contains caffeine on the list with a “y” for yes or “n” for no under the “caffeinated” column.

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## Coffee & Tea

| <b>Beverage Name</b>                               | <b>Svg. Size</b> | <b>Calories</b> | <b>Carbohydrate (g)</b> | <b>Caffeinated</b> |
|--|------------------|-----------------|-------------------------|--------------------|
| Coffee, brewed with water                          | 12 fl. oz.       | 4               | 1                       | y                  |
| Lipton Iced Tea - Diet Green Tea with Citrus       | 8 fl. oz.        | 0               | 0                       | y                  |
| Lipton Iced Tea - Diet Green Tea with Mixed Berry  | 8 fl. oz.        | 0               | 0                       | y                  |
| Lipton Iced Tea - Diet Iced Tea with Lemon         | 8 fl. oz.        | 0               | 0                       | y                  |
| Lipton Iced Tea - Diet White Tea with Peach Papaya | 8 fl. oz.        | 0               | 0                       | y                  |
| Lipton Iced Tea - Diet White Tea with Raspberry    | 8 fl. oz.        | 0               | 0                       | y                  |
| Lipton Pureleaf - Diet Lemon                       | 8 fl. oz.        | 0               | 0                       | y                  |
| Lipton Sparkling - Diet Strawberry Kiwi            | 8 fl. oz.        | 0               | 0                       | y                  |
| Nestea Diet Citrus Green Tea                       | 8 fl. oz.        | 3               | 0                       | y                  |
| Nestea Diet Lemon Tea                              | 8 fl. oz.        | 2               | 0                       | y                  |
| Nestea Diet Peach Green Tea                        | 8 fl. oz.        | 4               | 0.3                     | y                  |
| Nestea Unsweetened Tea                             | 8 fl. oz.        | 1.7             | 0.2                     | y                  |
| Snapple Diet Lemon Tea                             | 8 fl. oz.        | 10              | 0                       | y                  |
| Snapple Diet Lemonade Iced Tea                     | 8 fl. oz.        | 10              | 2                       | y                  |
| Snapple Diet Lime Green Tea                        | 8 fl. oz.        | 0               | 0                       | y                  |
| Snapple Diet Mango Green Tea                       | 8 fl. oz.        | 0               | 0                       | y                  |
| Snapple Diet Original Green Tea                    | 8 fl. oz.        | 0               | 0                       | y                  |
| Snapple Diet Peach Green Tea                       | 8 fl. oz.        | 0               | 0                       | y                  |
| Snapple Diet Peach Tea                             | 8 fl. oz.        | 0               | 0                       | y                  |
| Snapple Diet Raspberry Tea                         | 8 fl. oz.        | 0               | 0                       | y                  |
| SoBe Lean Diet Green Tea                           | 8 fl. oz.        | 5               | 1                       | y                  |
| Starbucks Caffè Americano                          | 12 fl. oz.       | 10              | 2                       | y                  |
| Starbucks Coffee of the Week                       | 12 fl. oz.       | 5               | 0                       | y                  |
| Starbucks Decaf Coffee of the Week                 | 12 fl. oz.       | 5               | 0                       | n                  |
| Starbucks Iced Caffè Americano                     | 12 fl. oz.       | 10              | 2                       | y                  |
| Starbucks Tazo Tea                                 | 12 fl. oz.       | 0               | 0                       | y                  |
| Tea, brewed with water                             | 12 fl. oz.       | 4               | 1                       | y                  |

### Drink Mixes

| <b>Beverage Name</b>                              | <b>Svg. Size</b> | <b>Calories</b> | <b>Carbohydrate (g)</b> | <b>Caffeinated</b> |
|---|------------------|-----------------|-------------------------|--------------------|
| Crystal Light Fusion Fruit Punch                  | 1 gram           | 5               | 0                       | n                  |
| Crystal Light Iced Tea – Decaffeinated            | 1 gram           | 5               | 1                       | n                  |
| Crystal Light Iced Tea – Decaf. Lemon             | 1 gram           | 5               | 1                       | n                  |
| Crystal Light Iced Tea – Sugar Free               | 1 gram           | 5               | 0                       | y                  |
| Crystal Light Iced Tea – Sugar Free Lemon         | 1 gram           | 5               | 0                       | y                  |
| Crystal Light Iced Tea – Sugar Free Peach         | 1 gram           | 5               | 0                       | y                  |
| Crystal Light Iced Tea – Sugar Free Raspberry     | 1 gram           | 5               | 0                       | y                  |
| Crystal Light Sugar Free Lemonade                 | 2 grams          | 5               | 0                       | n                  |
| Crystal Light Sugar Free Pineapple-Orange         | 1 gram           | 5               | 0                       | n                  |
| Crystal Light Sugar Free Pink Lemonade            | 2 grams          | 5               | 0                       | n                  |
| Crystal Light Sugar Free Raspberry Ice            | 1 gram           | 5               | 0                       | n                  |
| Crystal Light Sugar Free Raspberry Lemonade       | 1 gram           | 5               | 0                       | n                  |
| Crystal Light Sugar Free Strawberry-Kiwi          | 2 grams          | 5               | 0                       | n                  |
| Crystal Light Sugar Free Strawberry-Orange-Banana | 2 grams          | 5               | 0                       | n                  |
| Crystal Light Sunrise – Classic Orange            | 2 grams          | 5               | 0                       | n                  |
| Crystal Light Sunrise – Tangerine Strawberry      | 2 grams          | 5               | 0                       | n                  |
| Crystal Light White Grape                         | 1 gram           | 5               | 0                       | n                  |
| Kool-Aid Grape Sugar Free Mix Envelope            | 1 gram           | 5               | 0                       | n                  |
| Kool-Aid Lemonade Sugar Free Mix Envelope         | 2 grams          | 5               | 0                       | n                  |
| Kool-Aid Tropical Punch Sugar Free Mix Envelope   | 1 gram           | 5               | 0                       | n                  |

## Water

| <b>Beverage Name</b>                     | <b>Svg. Size</b> | <b>Calories</b> | <b>Carbohydrate (g)</b> | <b>Caffeinated</b> |
|--|------------------|-----------------|-------------------------|--------------------|
| Aquafina                                 | 8 fl. oz.        | 0               | 0                       | n                  |
| Aquafina Flavor Splash - Grape           | 8 fl. oz.        | 0               | 0                       | n                  |
| Aquafina Flavor Splash - Lemon           | 8 fl. oz.        | 0               | 0                       | n                  |
| Aquafina Flavor Splash - Peach Mango     | 8 fl. oz.        | 0               | 0                       | n                  |
| Aquafina Flavor Splash - Raspberry       | 8 fl. oz.        | 0               | 0                       | n                  |
| Aquafina Flavor Splash - Strawberry Kiwi | 8 fl. oz.        | 0               | 0                       | n                  |
| Aquafina Flavor Splash - Wild Berry      | 8 fl. oz.        | 0               | 0                       | n                  |
| Aquafina Sparkling - Berry Burst         | 8 fl. oz.        | 0               | 0                       | n                  |
| Aquafina Sparkling - Citrus Twist        | 8 fl. oz.        | 0               | 0                       | n                  |
| Crystal Geysler Spring Water             | 8 fl. oz.        | 0               | 0                       | n                  |
| Dasani                                   | 8 fl. oz.        | 0               | 0                       | n                  |
| Dasani Essence Black Cherry              | 8 fl. oz.        | 0               | 0                       | n                  |
| Dasani Essence Lemon-Lime                | 8 fl. oz.        | 0               | 0                       | n                  |
| Dasani Essence Strawberry-Kiwi           | 8 fl. oz.        | 0               | 0                       | n                  |
| Dasani Grape                             | 8 fl. oz.        | 1               | 0                       | n                  |
| Dasani Lemon                             | 8 fl. oz.        | 2               | 0                       | n                  |
| Dasani Raspberry                         | 8 fl. oz.        | 1               | 0                       | n                  |
| Dasani Strawberry                        | 8 fl. oz.        | 2               | 0                       | n                  |
| Deja Blue Water                          | 8 fl. oz.        | 0               | 0                       | n                  |
| Ethos Water                              | 8 fl. oz.        | 0               | 0                       | n                  |
| Evian Spring Water                       | 8 fl. oz.        | 0               | 0                       | n                  |
| La Croix Sparkling Water                 | 8 fl. oz.        | 0               | 0                       | n                  |
| La Croix Sparkling Water Lemon           | 8 fl. oz.        | 0               | 0                       | n                  |
| La Croix Sparkling Water Lime            | 8 fl. oz.        | 0               | 0                       | n                  |
| Perrier Mineral Water                    | 8 fl. oz.        | 0               | 0                       | n                  |
| Propel - Berry                           | 8 fl. oz.        | 10              | 2                       | n                  |
| Propel - Blueberry Pomegranate           | 8 fl. oz.        | 10              | 2                       | n                  |
| Propel - Grape                           | 8 fl. oz.        | 10              | 2                       | n                  |
| Propel - Kiwi Strawberry                 | 8 fl. oz.        | 10              | 2                       | n                  |
| Propel - Lemon                           | 8 fl. oz.        | 10              | 2                       | n                  |
| San Pellegrino Sparkling Mineral Water   | 8 fl. oz.        | 0               | 0                       | n                  |
| Snapple LyteWater                        | 8 fl. oz.        | 0               | 0                       | n                  |
| Vitamin Water 10 XXX Triple Antioxidant  | 8 fl. oz.        | 10              | 4                       | n                  |

### Fruit Drinks

| <b>Beverage Name</b>                         | <b>Svg. Size</b> | <b>Calories</b> | <b>Carbohydrate (g)</b> | <b>Caffeinated</b> |
|--|------------------|-----------------|-------------------------|--------------------|
| Crystal Light Sugar Free Lemonade            | 8 fl. oz.        | 5               | 0                       | n                  |
| Crystal Light Sugar Free Raspberry Ice       | 8 fl. oz.        | 5               | 0                       | n                  |
| Fuze Slenderize Blueberry Raspberry          | 8 fl. oz.        | 10              | 2                       | n                  |
| Fuze Slenderize Strawberry Melon             | 8 fl. oz.        | 10              | 2                       | n                  |
| Fuze Slenderize Tangerine Grapefruit         | 8 fl. oz.        | 10              | 2                       | n                  |
| Fuze Slenderize Tropical Punch               | 8 fl. oz.        | 5               | 1                       | n                  |
| Minute Maid Light Lemonade                   | 8 fl. oz.        | 5               | 1                       | n                  |
| Minute Maid Light Raspberry Passion          | 8 fl. oz.        | 5               | 1                       | n                  |
| Snapple Diet Cranberry Raspberry             | 8 fl. oz.        | 10              | 2                       | n                  |
| Ocean Spray Diet Cranberry Juice Drink       | 8 fl. oz.        | 5               | 2                       | n                  |
| Ocean Spray Diet Cranberry Grape Juice Drink | 8 fl. oz.        | 5               | 2                       | n                  |
| Tropicana Light Berry                        | 8 fl. oz.        | 5               | 0                       | n                  |
| Tropicana Light Lemonade                     | 8 fl. oz.        | 5               | 0                       | n                  |
| Tropicana Light Orangeade                    | 8 fl. oz.        | 5               | 0                       | n                  |
| V-8 Splash Diet Berry Blend                  | 8 fl. oz.        | 10              | 3                       | n                  |
| V-8 Splash Diet Tropical Blend               | 8 fl. oz.        | 10              | 3                       | n                  |

### Sport & Energy Drinks

| <b>Beverage Name</b>            | <b>Svg. Size</b> | <b>Calories</b> | <b>Carbohydrate (g)</b> | <b>Caffeinated</b> |
|---------------------------------|------------------|-----------------|-------------------------|--------------------|
| AMP Energy - Sugar Free         | 8 fl. oz.        | 0               | 0                       | y                  |
| Full Throttle Zero Energy Drink | 8 fl. oz.        | 5               | 0                       | y                  |
| No Fear Sugar Free              | 8 fl. oz.        | 10              | 1                       | y                  |
| Powerade Zero-Grape             | 8 fl. oz.        | 2               | 0                       | n                  |
| Powerade Zero-Mixed Berry       | 8 fl. oz.        | 2               | 0                       | n                  |
| Powerade Zero-Strawberry        | 8 fl. oz.        | 3               | 0                       | n                  |
| SoBe Sugar Free Adrenaline Rush | 8 fl. oz.        | 10              | 1                       | y                  |

## Soda

| <b>Beverage Name</b>                 | <b>Svg. Size</b> | <b>Calories</b> | <b>Carbohydrate (g)</b> | <b>Caffeinated</b> |
|--------------------------------------|------------------|-----------------|-------------------------|--------------------|
| A&W Diet Root Beer                   | 8 fl. oz.        | 0               | 0                       | n                  |
| A&W Diet Cream Soda                  | 8 fl. oz.        | 0               | 0                       | n                  |
| Caffeine Free Diet Coke              | 8 fl. oz.        | 1               | 0.1                     | n                  |
| Caffeine Free Diet Dr. Pepper        | 8 fl. oz.        | 0               | 0                       | n                  |
| Caffeine Free Diet Mountain Dew      | 8 fl. oz.        | 0               | 0                       | n                  |
| Coca-Cola Zero                       | 8 fl. oz.        | 0.7             | 0.1                     | y                  |
| Diet Barqs French Vanilla Creme Soda | 8 fl. oz.        | 1               | 0                       | n                  |
| Diet Barqs Red Creme Soda            | 8 fl. oz.        | 3.7             | 0                       | n                  |
| Diet Barqs Root Beer                 | 8 fl. oz.        | 0.9             | 0.1                     | n                  |
| Diet Caffeine Free Pepsi             | 8 fl. oz.        | 0               | 0                       | n                  |
| Diet Canada Dry Ginger Ale           | 12 fl. oz.       | 0               | 0                       | n                  |
| Diet Cherry Coke                     | 8 fl. oz.        | 0.5             | 0.1                     | y                  |
| Diet Cherry 7-UP                     | 8 fl. oz.        | 0               | 0                       | n                  |
| Diet Coke                            | 8 fl. oz.        | 1               | 0.1                     | y                  |
| Diet Coke Black Cherry Vanilla       | 8 fl. oz.        | 1.2             | 0.1                     | y                  |
| Diet Coke Sweetened with Splenda     | 8 fl. oz.        | 1               | 0.1                     | y                  |
| Diet Coke with Lime                  | 8 fl. oz.        | 2               | 0.1                     | y                  |
| Diet Dr. Pepper                      | 8 fl. oz.        | 0               | 0                       | y                  |
| Diet Mello Yello                     | 8 fl. oz.        | 3               | 0                       | y                  |
| Diet Mountain Dew                    | 8 fl. oz.        | 0               | 0                       | y                  |
| Diet Mountain Dew Code Red           | 8 fl. oz.        | 0               | 0                       | y                  |
| Diet Mr. Pibb                        | 8 fl. oz.        | 1.3             | 0.3                     | y                  |
| Diet Mug Cream Soda                  | 8 fl. oz.        | 0               | 0                       | n                  |
| Diet Mug Root Beer                   | 8 fl. oz.        | 0               | 0                       | n                  |
| Diet Northern Neck Ginger Ale        | 8 fl. oz.        | 4               | 0                       | n                  |
| Diet Pepsi                           | 8 fl. oz.        | 0               | 0                       | y                  |
| Diet Pepsi Lime                      | 8 fl. oz.        | 0               | 0                       | y                  |
| Diet Pepsi Vanilla                   | 8 fl. oz.        | 0               | 0                       | y                  |
| Diet Rite Black Cherry               | 8 fl. oz.        | 0               | 0                       | n                  |
| Diet Rite Cherry Cola                | 8 fl. oz.        | 0               | 0                       | n                  |
| Diet Rite Cola                       | 8 fl. oz.        | 0               | 0                       | n                  |
| Diet Rite Kiwi Strawberry            | 8 fl. oz.        | 0               | 0                       | n                  |
| Diet Rite Red Raspberry              | 8 fl. oz.        | 0               | 0                       | n                  |
| Diet Rite Tangerine                  | 8 fl. oz.        | 0               | 0                       | n                  |
| Diet Rite White Grape                | 8 fl. oz.        | 0               | 0                       | n                  |
| Diet 7-UP                            | 8 fl. oz.        | 0               | 0                       | n                  |
| Diet Sprite Zero                     | 8 fl. oz.        | 2.4             | 0                       | n                  |
| Diet Vanilla Coke                    | 8 fl. oz.        | 0.8             | 0.1                     | y                  |
| Diet Wild Cherry Pepsi               | 8 fl. oz.        | 0               | 0                       | y                  |
| Fanta Zero Orange                    | 8 fl. oz.        | 2               | 0.5                     | n                  |
| Fresca                               | 8 fl. oz.        | 2               | 0.1                     | n                  |
| Fresca Black Cherry                  | 8 fl. oz.        | 2.5             | 0                       | n                  |

|                                 |           |     |     |   |
|---------------------------------|-----------|-----|-----|---|
| Fresca Peach                    | 8 fl. oz. | 2.2 | 0   | n |
| Pepsi One                       | 8 fl. oz. | 1   | 0   | y |
| Pibb Zero                       | 8 fl. oz. | 1.5 | 0.1 | y |
| Sierra Mist Free                | 8 fl. oz. | 0   | 0   | n |
| Schweppes Diet Ginger Ale       | 8 fl. oz. | 0   | 0   | n |
| TAB                             | 8 fl. oz. | 0.6 | 0.1 | y |
| Tropicana Twister - Diet Orange | 8 fl. oz. | 0   | 0   | n |