



Make a
GOOD CHOICE



Regular Soda **VS.** Diet Soda

Do you love the soda taste and the caffeine boost? Good news! You can have the soda taste with the caffeine boost without all the calories. Let's compare the labels and see the difference.

Regular Soda 12 fl oz can

Calories: 140

Sodium: 45 mg

Total Carbohydrates: 39 g

Sugar: 39 g

Diet Soda 12 fl oz can

Calories: 0

Sodium: 40 mg

Total Carbohydrate: 0 g

Sugar: 0 g