


ICE CREAM SODAS

 ICE CREAM SODAS	Size	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chocolate	Regular	450	140	15	10	0	35	230	74	< 1	68	5
Nectar	Regular	390	120	14	9	0	35	100	65	0	65	5
Strawberry	Regular	410	120	14	9	0	35	110	68	0	67	5
Vanilla	Regular	410	120	14	9	0	35	110	68	0	67	5