

**Beverages****Balance Volumetric**

Tea, brewed, prepared with tap water	2	333.0
Tea, brewed, prepared with distilled water	2	333.0
Alcoholic beverage, creme de menthe, 72 proof	0	0.9
Tea, instant, sweetened with sugar, lemon-flavored, with	0	0.9
Fruit punch drink, frozen concentrate, prepared with water	0	7.2
Cocktail mix, non-alcoholic, concentrated, frozen	0	1.2
Alcoholic beverage, whiskey sour, prepared with water, w	0	2.0
Fruit punch drink, frozen concentrate	0	2.1
Orange drink, canned, with added vitamin C	0	6.8
Fruit punch drink, with added nutrients, canned	0	7.1
Alcoholic beverage, daiquiri, prepared-from-recipe	0	1.8
Fruit punch-flavor drink, powder, without added sodium,	0	9.0
Fruit punch-flavor drink, powder, without added sodium	0	0.9
Alcoholic beverage, whiskey sour, prepared from item 14	0	2.2
Alcoholic beverage, whiskey sour, prepared from item 14	0	2.2
Whiskey sour mix, powder	0	0.9
Citrus fruit juice drink, frozen concentrate	0	2.1
Citrus fruit juice drink, frozen concentrate, prepared with	0	7.2
Fruit-flavored drink, powder, with high vitamin C with oth	0	1.5
Chocolate syrup	0	1.2
Whiskey sour mix, bottled	0	3.8
Whiskey sour mix, bottled, with added potassium and soc	0	4.0
Lemonade, frozen concentrate, pink, prepared with water	0	7.7
Lemonade, frozen concentrate, white, prepared with water	0	8.3
Alcoholic beverage, pina colada, prepared-from-recipe	0	1.9
Lemonade, frozen concentrate, white	0	1.7
Pineapple and grapefruit juice drink, canned	0	7.1
Lemonade, frozen concentrate, pink	0	1.7
Tea, instant, unsweetened, lemon-flavored, powder	0	1.0
Beverages, fruit juice drink, reduced sugar, with vitamin	0	8.5
Chocolate-flavored drink, whey and milk based	0	6.8
Coffee, instant, with chicory, powder	0	0.9
Carob-flavor beverage mix, powder	0	0.9
Dairy drink mix, chocolate, reduced calorie, with aspartar	0	11.5
Chocolate-flavor beverage mix for milk, powder, without	0	0.8
Dairy drink mix, chocolate, reduced calorie, with low-cal	0	1.0
Cocoa mix, with aspartame, low calorie, powder, with ad	0	0.9
Alcoholic beverage, tequila sunrise, canned	0	3.0
Cocoa mix, no sugar added, powder	0	0.9
Cocoa mix, with aspartame, powder, prepared with water	0	11.5
Tea, instant, sweetened with sugar, lemon-flavored, with	0	0.8
Cranberry juice cocktail, bottled	0	6.2
Tea, instant, sweetened with sugar, lemon-flavored, with	0	0.9
Tea, instant, sweetened with sugar, lemon-flavored, with	0	9.5
Shake, fast food, chocolate	0	2.6
Cocoa mix, powder	0	0.8
Cranberry-apple juice drink, bottled	0	5.3
Alcoholic beverage, liqueur, coffee, 53 proof	0	1.0
Cocoa mix, powder, prepared with water	0	6.1
Strawberry-flavor beverage mix, powder, prepared with v	0	3.8
Alcoholic beverage, liqueur, coffee, 63 proof	0	1.1
Malted drink mix, natural, with added nutrients, powder	0	0.9
Coffee, instant, with chicory, prepared with water	0	111.0
Lemonade, low calorie, with aspartame, powder, prepare	0	111.0

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect
<b>Avg. = -1.0</b>

Orange and apricot juice drink, canned	0	6.5
Sports drink, COCA-COLA, POWERADE, lemon-lime flavor	0	10.4
Coffee, instant, decaffeinated, powder	0	1.5
Cranberry-grape juice drink, bottled	0	5.9
Cranberry-grape juice drink, bottled	0	5.9
Fruit punch juice drink, frozen concentrate	0	1.9
Coffee, instant, regular, powder, half the caffeine	0	1.0
Fruit punch juice drink, frozen concentrate, prepared with	0	7.9
Chocolate syrup, prepared with whole milk	0	3.7
Coffee, instant, decaffeinated, powder, prepared with wai	-1	166.5
Malted drink mix, chocolate, with added nutrients, powde	-1	0.9
Beef broth and tomato juice, canned	-1	9.0
Shake, fast food, strawberry	-1	2.9
Coffee, instant, with sugar, cappuccino-flavor powder	-1	0.8
Chocolate-flavor beverage mix, powder, prepared with wl	-1	3.9
Alcoholic beverage, pina colada, canned	-1	1.4
Eggnog-flavor mix, powder, prepared with whole milk	-1	3.5
Carob-flavor beverage mix, powder, prepared with whole	-1	4.4
Alcoholic beverage, liqueur, coffee with cream, 34 proof	-1	1.0
Coffee substitute, cereal grain beverage, powder, preparc	-1	5.1
Malted drink mix, chocolate, with added nutrients, powde	-1	3.8
Ready-to-drink reduced fat milk beverage, flavored and s	-1	4.3
Coffee, instant, regular, powder	-1	1.4
Malted drink mix, chocolate, powder, prepared with whole	-1	3.9
Malted drink mix, natural, with added nutrients, powder,	-1	3.9
Orange-flavor drink, breakfast type, with pulp, frozen cor	-1	6.8
Orange-flavor drink, breakfast type, with pulp, frozen cor	-1	1.9
Coffee, brewed from grounds, prepared with tap water	-1	333.0
Coffee, instant, regular, prepared with water	-1	166.5
Coffee, dry, powder, with whitener, reduced calorie	-1	0.7
Malt beverage	-1	9.0
Malted drink mix, natural, powder, prepared with whole r	-1	3.8
Malted drink mix, chocolate, powder	-1	0.8
Coffee and cocoa (mocha) powder, with whitener and low	-1	1.3
Coffee and cocoa (mocha) powder, with whitener and low	-1	1.3
Meal supplement drink, NESTLE, SUPLIGEN, canned, pear	-2	3.3
Shake, fast food, vanilla	-2	2.3
Coffee, instant, with sugar, mocha-flavor, powder	-2	0.7
Malted drink mix, natural, powder	-3	0.8
Coffee substitute, cereal grain beverage, powder	-3	0.9
Coffee substitute, cereal grain beverage, prepared with w	-3	55.5
Coffee, instant, with sugar, french-flavor, powder	-4	0.7
Beverage, Horchata, dry mix, unprepared, variety of brar	-5	0.8
Rice drink, unsweetened, with added calcium, vitamins A	-6	7.1
Coffee, brewed, espresso, restaurant-prepared	-46	166.5

Balance Volumetric

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect