# THINK YOUR DRINK!

When it comes to NUTRITION, not all drinks are created equal!

## MILK LOWFAT 1%

| Calories 100 | % Daily Value |
|---|---|
| Total Fat | 4% |
| Total Carbohydrates | 4% |
| Protein | 16% |
| Vitamin A | 10% |
| Vitamin C | 2% |
| Vitamin D | 25% |
| Calcium | 30% |

**Serving Size: 8 ounces**

## CHOCOLATE MILK LOWFAT 1%

| Calories 160 | % Daily Value |
|---|---|
| Total Fat | 4% |
| Total Carbohydrates (includes 4 tsp added sugar) | 10% |
| Protein | 16% |
| Vitamin A | 10% |
| Vitamin C | 2% |
| Vitamin D | 25% |
| Calcium | 30% |

**Serving Size: 8 ounces**

## 100% ORANGE JUICE

| Calories 110 | % Daily Value |
|---|---|
| Total Fat | 0% |
| Total Carbohydrates | 8% |
| Protein | 0% |
| Vitamin A | 2% |
| Vitamin C | 150% |
| Vitamin D | 0% |
| Calcium | 2% |

**Serving Size: 8 ounces**

## FRUIT PUNCH

| Calories 130 | % Daily Value |
|---|---|
| Total Fat | 0% |
| Total Carbohydrates (includes 6¾ tsp added sugar) | 11% |
| Protein | 0% |
| Vitamin A | 0% |
| Vitamin C | 0% |
| Vitamin D | 0% |
| Calcium | 0% |

**Serving Size: 8½ ounces**

## COLA

| Calories 150 | % Daily Value |
|---|---|
| Total Fat | 0% |
| Total Carbohydrates (includes 9 tsp added sugar) | 14% |
| Protein | 0% |
| Vitamin A | 0% |
| Vitamin C | 0% |
| Vitamin D | 0% |
| Calcium | 0% |

**Serving Size: 12 ounces**

## DIET COLA

| Calories 0 | % Daily Value |
|---|---|
| Total Fat | 0% |
| Total Carbohydrates | 0% |
| Protein | 0% |
| Vitamin A | 0% |
| Vitamin C | 0% |
| Vitamin D | 0% |
| Calcium | 0% |

**Serving Size: 12 ounces**

## BOTTLED WATER

| Calories 0 | % Daily Value |
|---|---|
| Total Fat | 0% |
| Total Carbohydrates | 0% |
| Protein | 0% |
| Vitamin A | 0% |
| Vitamin C | 0% |
| Vitamin D | 0% |
| Calcium | 0% |

**Serving Size: 8 ounces**

## SPORTS DRINK

| Calories 50 | % Daily Value |
|---|---|
| Total Fat | 0% |
| Total Carbohydrates | 5% |
| Protein | 0% |
| Vitamin A | 0% |
| Vitamin C | 0% |
| Vitamin D | 0% |
| Calcium | 0% |

**Serving Size: 8 ounces**

www.nutritionexplorations.org

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Source: U.S. Department of Agriculture Nutrient Analysis.
% Daily Values are based on a 2,000 calorie diet.