

# 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 6 1/4 tsp added sugar)	11%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

Serving Size: 8 1/2 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