


THINK
YOUR

DRINK!

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

MILK LOWFAT 1%



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

Serving Size: 8 ounces


CHOCOLATE MILK LOWFAT 1%



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

Serving Size: 8 ounces


100% ORANGE JUICE



Nutrient	% Daily Value
Calories	110
Total Fat	0%
Total Carbohydrates	8%
Protein	0%
Vitamin A	2%
Vitamin C	100%
Vitamin D	0%
Calcium	2%

Serving Size: 8 ounces


FRUIT PUNCH



Nutrient	% Daily Value
Calories	130
Total Fat	0%
Total Carbohydrates (includes 6 1/2 tsp added sugar)	11%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

Serving Size: 8 1/2 ounces


COLA



Nutrient	% Daily Value
Calories	100
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



Nutrient	% Daily Value
Calories	0
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



Nutrient	% Daily Value
Calories	0
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



Nutrient	% Daily Value
Calories	80
Total Fat	0%
Total Carbohydrates	5%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

Serving Size: 8 ounces