

# THINK YOUR DRINK


When it comes to nutrition **MILK** delivers! **8 fluid oz.**  
8 fluid oz. serving comparison

AVAILABLE IN SCHOOLS

### Low-fat milk 1%

**100 CALORIES**   **0 tsp ADDED SUGARS**


	% Daily Value
Saturated Fat (g)	8%
Sodium (mg)	5%
Protein (g)	16%
Vitamin D (mcg)	15%
Calcium (mg)	25%
Iron (mg)	*
Potassium (mg)	8%
Vitamin A (mcg)	15%
Vitamin C (mg)	0%
Vitamin E (mg)	0%
Thiamin (mg)	4%
Riboflavin (mg)	35%
Niacin equivalents (mg)	10%
Folate (mcg)	4%
Vitamin B <sub>12</sub> (mcg)	50%
Phosphorous (mg)	20%



### 1% Low-fat Chocolate Milk REDUCED SUGAR

**140 CALORIES**   **2 tsp ADDED SUGARS**


	% Daily Value
Saturated Fat (g)	8%
Sodium (mg)	7%
Protein (g)	17%
Vitamin D (mcg)	10%
Calcium (mg)	25%
Iron (mg)	2%
Potassium (mg)	8%
Vitamin A (mcg)	15%
Vitamin C (mg)	0%
Vitamin E (mg)	0%
Thiamin (mg)	7%
Riboflavin (mg)	40%
Niacin equivalents (mg)	10%
Folate (mcg)	4%
Vitamin B <sub>12</sub> (mcg)	20%
Phosphorous (mg)	20%



### Orange Juice

**120 CALORIES**   **0 tsp ADDED SUGARS**


	% Daily Value
Saturated Fat (g)	0%
Sodium (mg)	0%
Protein (g)	3%
Vitamin D (mcg)	*
Calcium (mg)	2%
Iron (mg)	*
Potassium (mg)	10%
Vitamin A (mcg)	0%
Vitamin C (mg)	90%
Vitamin E (mg)	4%
Thiamin (mg)	10%
Riboflavin (mg)	8%
Niacin equivalents (mg)	4%
Folate (mcg)	12%
Vitamin B <sub>12</sub> (mcg)	0%
Phosphorous (mg)	4%



### Water

**0 CALORIES**   **0 tsp ADDED SUGARS**

	% Daily Value
Saturated Fat (g)	0%
Sodium (mg)	0%
Protein (g)	0%
Vitamin D (mcg)	*
Calcium (mg)	*
Iron (mg)	*
Potassium (mg)	*
Vitamin A (mcg)	0%
Vitamin C (mg)	0%
Vitamin E (mg)	0%
Thiamin (mg)	0%
Riboflavin (mg)	0%
Niacin equivalents (mg)	0%
Folate (mcg)	0%
Vitamin B <sub>12</sub> (mcg)	0%
Phosphorous (mg)	0%




AVAILABLE OUTSIDE SCHOOLS

### Fruit Punch

**60 CALORIES**   **3 tsp ADDED SUGARS**


	% Daily Value
Saturated Fat (g)	0%
Sodium (mg)	4%
Protein (g)	0%
Vitamin D (mcg)	*
Calcium (mg)	*
Iron (mg)	*
Potassium (mg)	2%
Vitamin A (mcg)	0%
Vitamin C (mg)	70%
Vitamin E (mg)	0%
Thiamin (mg)	0%
Riboflavin (mg)	0%
Niacin equivalents (mg)	0%
Folate (mcg)	0%
Vitamin B <sub>12</sub> (mcg)	0%
Phosphorous (mg)	0%



### Chocolate Almond Beverage

**120 CALORIES**   **5 tsp ADDED SUGARS**


	% Daily Value
Saturated Fat (g)	0%
Sodium (mg)	7%
Protein (g)	3%
Vitamin D (mcg)	10%
Calcium (mg)	35%
Iron (mg)	8%
Potassium (mg)	4%
Vitamin A (mcg)	15%
Vitamin C (mg)	10%
Vitamin E (mg)	45%
Thiamin (mg)	4%
Riboflavin (mg)	30%
Niacin equivalents (mg)	2%
Folate (mcg)	0%
Vitamin B <sub>12</sub> (mcg)	130%
Phosphorous (mg)	4%



### Sports Drink

**60 CALORIES**   **3 tsp ADDED SUGARS**


	% Daily Value
Saturated Fat (g)	0%
Sodium (mg)	4%
Protein (g)	0%
Vitamin D (mcg)	*
Calcium (mg)	*
Iron (mg)	*
Potassium (mg)	*
Vitamin A (mcg)	0%
Vitamin C (mg)	*
Vitamin E (mg)	0%
Thiamin (mg)	2%
Riboflavin (mg)	0%
Niacin equivalents (mg)	4%
Folate (mcg)	0%
Vitamin B <sub>12</sub> (mcg)	0%
Phosphorous (mg)	2%



### Cola

**60 CALORIES**   **4 tsp ADDED SUGARS**

	% Daily Value
Saturated Fat (g)	0%
Sodium (mg)	0%
Protein (g)	0%
Vitamin D (mcg)	*
Calcium (mg)	*
Iron (mg)	*
Potassium (mg)	*
Vitamin A (mcg)	0%
Vitamin C (mg)	0%
Vitamin E (mg)	0%
Thiamin (mg)	0%
Riboflavin (mg)	0%
Niacin equivalents (mg)	0%
Folate (mcg)	0%
Vitamin B <sub>12</sub> (mcg)	0%
Phosphorous (mg)	2%



\*Not a significant source of this nutrient.

Percent Daily Values are based on a 2000 calorie diet. Nutrients are highlighted if they contain at least 10% of the Daily Value. Percent Daily Values and Calories are rounded according to RDA rules for labeling. For purposes of comparison, all nutrients are those contained in 8 fluid ounces.

Nutrient values for products are shown for illustration-purposes only. Nutrient values shown are representative of products as reported in the USDA National Nutrient Database for Standard Reference (SR 28). USDA NDB Number: Low-fat milk 1% 01082; Low-fat reduced sugar chocolate milk 01305; Orange Juice 09209; Water 14555; Fruit-flavored drink 14646; Chocolate almond beverage 14054; Sports drink 14460; and Carbonated Cola 14400. Because amount of tryptophan is not listed for USDA 01305, niacin equivalents for the reduced-sugar chocolate milk were calculated with amounts listed in the low-fat chocolate milk 01082.

Sugars in beverages can include intrinsic and/or added sugars. Milk and orange juice naturally contain intrinsic sugars that are not considered "added sugars." Added sugars were calculated using the following information: 8 oz of milk contains 12 g intrinsic sugar (lactose); 8 oz of orange juice contains 21 g intrinsic sugars; all sugars in 8 oz. almond beverage (15 g), sports drink (13 g), and cola (16 g) are "added sugars."

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