


# 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           | 0%            |
| Vitamin D           | 25%           |
| Calcium             | 30%           |



**CHOCOLATE MILK LOWFAT 1%**

**Calories 160**

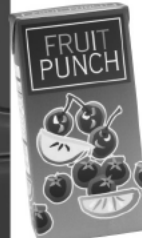
|  | % Daily Value |
|--|---------------|
| Total Fat  | 4%            |
| Total Carbohydrates (includes 3 tsp added sugar) | 9%            |
| Protein  | 16%           |
| Vitamin A  | 10%           |
| Vitamin C  | 4%            |
| Vitamin D  | 25%           |
| Calcium  | 30%           |



**100% ORANGE JUICE**

**Calories 110**


|                     | % Daily Value |
|---------------------|---------------|
| Total Fat           | 1%            |
| Total Carbohydrates | 8%            |
| Protein             | 4%            |
| Vitamin A           | 4%            |
| Vitamin C           | 140%          |
| Vitamin D           | 0%            |
| Calcium             | 2%            |



**FRUIT PUNCH**

**Calories 120**


|  | % Daily Value |
|--|---------------|
| Total Fat  | 0%            |
| Total Carbohydrates (includes 3 tsp added sugar) | 10%           |
| Protein  | 0%            |
| Vitamin A  | 0%            |
| Vitamin C  | 1%            |
| Vitamin D  | 0%            |
| Calcium  | 2%            |



**COLA**

**Calories 90**

|  | % Daily Value |
|--|---------------|
| Total Fat  | 0%            |
| Total Carbohydrates (includes 6 tsp added sugar) | 8%            |
| Protein  | 0%            |
| Vitamin A  | 0%            |
| Vitamin C  | 0%            |
| Vitamin D  | 0%            |
| Calcium  | 0%            |



**SOY BEVERAGE, PLAIN\***

**Calories 100-130**


|                     | % Daily Value |
|---------------------|---------------|
| Total Fat           | 6-7%          |
| Total Carbohydrates | 3-4%          |
| Protein             | 14-22%        |
| Vitamin A           | 10-30%        |
| Vitamin C           | 0%            |
| Vitamin D           | 10-30%        |
| Calcium             | 10-30%        |



**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%            |



**SPORTS DRINK**

**Calories 70**

|  | % Daily Value |
|--|---------------|
| Total Fat  | 0%            |
| Total Carbohydrates (includes 3 tsp added sugar) | 6%            |
| Protein  | 0%            |
| Vitamin A  | 0%            |
| Vitamin C  | 2%            |
| Vitamin D  | 0%            |
| Calcium  | 0%            |

\*Nutrient ranges for soy beverage reflect the differences between unfortified soy beverages as reported by USDA National Nutrient Database for Standard Reference, Release 19 and a large-distribution fortified soy beverage. Unlike milk, there is no federal standard of identity for soy beverages, and nutritional data will vary by brand. Consumers must carefully check the nutrition panel.

Sources: USDA National Nutrient Database for Standard Reference, Release 19; USDA database for the added sugars content of selected foods, Release 1, February, 2006. Percent Daily Values are based on a 2,000 calorie diet. All nutrients quoted for 8 oz. portion.