


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



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



**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



**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



**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