

THINK your DRINK

LOWFAT MILK

1% Milkfat

Serving Size = 8 ounces
Calories 100 % Daily Value

	% Daily Value
Total Fat	4%
Total Carbohydrates	4%
Protein	17%
Vitamin A	10%
Vitamin C	4%
Vitamin D	25%
Calcium	30%



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

DIET COLA

Serving Size = 12 ounces
Calories 0 % Daily Value

	% Daily Value
Total Fat	0%
Total Carbohydrates	0%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%



LOWFAT CHOCOLATE MILK

1% Milkfat

Serving Size = 8 ounces
Calories 160 % Daily Value

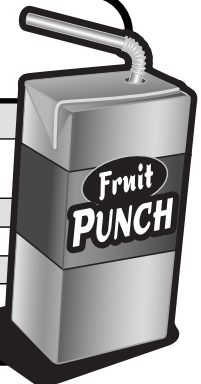
	% Daily Value
Total Fat	4%
Total Carbohydrates	(4 tsp added sugar) 10%
Protein	17%
Vitamin A	10%
Vitamin C	4%
Vitamin D	25%
Calcium	30%



FRUIT PUNCH

Serving Size = 8-1/2 ounces
Calories 130 % Daily Value

	% Daily Value
Total Fat	0%
Total Carbohydrates	(6 tsp added sugar) 9%
Protein	0%
Vitamin A	0%
Vitamin C	(fortified) 100%
Vitamin D	0%
Calcium	0%



BOTTLED WATER

Serving Size = 8 ounces
Calories 0 % Daily Value

	% Daily Value
Total Fat	0%
Total Carbohydrates	0%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%



100% ORANGE JUICE

Serving Size = 8 ounces
Calories 110 % Daily Value

	% Daily Value
Total Fat	0%
Total Carbohydrates	9%
Protein	0%
Vitamin A	0%
Vitamin C	150%
Vitamin D	0%
Calcium	2%



COLA

Serving Size = 12 ounces
Calories 150 % Daily Value

	% Daily Value
Total Fat	0%
Total Carbohydrates	(10 tsp added sugar) 14%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%



SPORTS DRINK

Serving Size = 8 ounces
Calories 50 % Daily Value

	% Daily Value
Total Fat	0%
Total Carbohydrates	(3.5 tsp added sugar) 5%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

