

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 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



**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

May be duplicated for educational purposes.

Sources: U.S. Department of Agriculture Nutrient Analysis. % Daily Values are based on a 2,000 calorie diet.  
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