

# 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	(4 tsp added sugar)
Carbohydrates	10%
Protein	17%
Vitamin A	10%
Vitamin C	4%
Vitamin D	25%
Calcium	30%

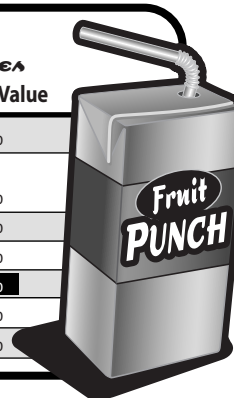


## FRUIT PUNCH

Serving Size = 8-1/2 ounces

Calories 130 % Daily Value

	% Daily Value
Total Fat	0%
Total	(6 tsp added sugar)
Carbohydrates	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%

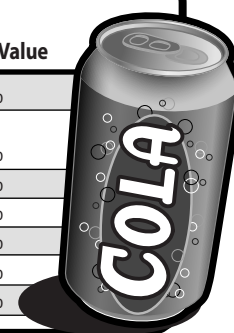


## COLA

Serving Size = 12 ounces

Calories 150 % Daily Value

	% Daily Value
Total Fat	0%
Total	(10 tsp added sugar)
Carbohydrates	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	(3.5 tsp added sugar)
Carbohydrates	5%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

