

# Rethink Your Drink!

## CHOCOLATE MILK LOWFAT 1%



Calories 160

	% Daily Value
Total Fat	4%
Total Carbohydrates*	9%
<small>*Includes 3 tsp added sugar</small>	
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*	10%
<small>*Includes 3 tsp added sugar</small>	
Protein	0%
Vitamin A	0%
Vitamin C	1%
Vitamin D	0%
Calcium	2%

## SPORTS DRINK



Calories 70

	% Daily Value
Total Fat	0%
Total Carbohydrates*	6%
<small>*Includes 3 tsp added sugar</small>	
Protein	0%
Vitamin A	0%
Vitamin C	2%
Vitamin D	0%
Calcium	0%



## 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%

## 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%

## COLA



Calories 150

	% Daily Value
Total Fat	0%
Total Carbohydrates*	14%
<small>*Includes 9 tsp added sugar</small>	
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

## 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%

## SWEETENED TEA



Calories 70

	% Daily Value
Total Fat	0%
Total Carbohydrates*	17%
<small>*Includes 4 tsp added sugar</small>	
Protein	0%
Vitamin A	0%
Vitamin C	10%
Vitamin D	0%
Calcium	0%

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