

THINK YOUR DRINK

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



FAT-FREE MILK

	% Daily Value
Protein	16%
Vitamin A	10%
Vitamin C	0%
Vitamin D	30%
Calcium	30%

Calories 80

Sugar 12 g Serving Size = 8 ounces




FAT-FREE CHOCOLATE MILK

	% Daily Value
Protein	16%
Vitamin A	10%
Vitamin C	2%
Vitamin D	30%
Calcium	30%

Calories 110

Sugar 18 g (Includes 1.5 tsp. added sugar) Serving Size = 8 ounces




ENERGY DRINK*

	% Daily Value
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

Calories 101

Sugar 27 g (Includes 6.5 tsp. added sugar) Serving Size = 8.5 ounces




SPORTS DRINK

	% Daily Value
Protein	0%
Vitamin A	0%
Vitamin C	2%
Vitamin D	0%
Calcium	2%

Calories 120

Sugar 22 g (Includes 5.3 tsp. added sugar) Serving Size = 12 ounces



COLA

	% Daily Value
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

Calories 100

Sugar 23 g (Includes 5.5 tsp. added sugar) Serving Size = 12 ounces




DIET COLA

	% Daily Value
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

Calories 5

Sugar 0 g Serving Size = 12 ounces




ORANGE JUICE

	% Daily Value
Protein	4%
Vitamin A	2%
Vitamin C	140%
Vitamin D	0%
Calcium	2%

Calories 120

Sugar 21 g Serving Size = 8 ounces




FRUIT PUNCH

	% Daily Value
Protein	0%
Vitamin A	0%
Vitamin C	2%
Vitamin D	0%
Calcium	2%

Calories 120

Sugar 28 g (Includes 6.7 tsp. added sugar) Serving Size = 8 ounces




SWEETENED ICED TEA

	% Daily Value
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

Calories 130

Sugar 32 g (Includes 7.6 tsp. added sugar) Serving Size = 12 ounces



WATER

	% Daily Value
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

Calories 0

Sugar 0 g Serving Size = 8 ounces

THINK Milk

THINK Milk with meals, water in between.

THINK Milk Did you know that with milk you can actually drink your protein? Each eight ounce serving of milk provides eight grams of high-quality protein, an essential part of a healthy diet.

THINK Milk Curious about the sugar found in milk? Fat-free milk contains no added sugars – it only contains lactose, an all-natural sugar found in milk as it comes from the cow.

THINK Milk Often considered “nature’s sports drink,” chocolate milk offers the same nine essential nutrients that regular milk does and an ideal carbohydrate-to-protein mix that supports physical activity. Plus, it tastes great!

For more information, please visit MilkMeansMore.org



*The American Academy of Pediatrics states: "Energy drinks pose potential health risks because of the stimulants they contain, and should never be consumed by children or adolescents."
USDA National Nutrient Database for Standard Reference, Release 28. The sugar and calorie data for chocolate milk are representative of milk available in 2015-2016 school year. - MIIPEP School Channel Survey. % Daily Values are based on a 2,000 calorie diet.
Adapted from 2016 ReThink Your Drink developed by National Dairy Council.