


THINK YOUR DRINK

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

Available in Schools




1% LOW-FAT MILK

	% Daily Value
Protein	16%
Vitamin A	15%
Vitamin C	0%
Vitamin D	15%
Calcium	25%
Sugar	12 g <small>(no added sugar)</small>

Calories
100

Serving Size = 8 ounces

Available in Schools



1% LOW-FAT REDUCED SUGAR CHOCOLATE MILK

	% Daily Value
Protein	17%
Vitamin A	15%
Vitamin C	0%
Vitamin D	10%
Calcium	25%
Sugar	18 g <small>(Includes 2 tsp. added sugar)</small>

Calories
140

Serving Size = 8 ounces



ENERGY DRINK*

	% Daily Value
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%
Sugar	27 g <small>(Includes 6.5 tsp. added sugar)</small>

Calories
110

Serving Size = 8.4 ounces



SPORTS DRINK

	% Daily Value
Protein	0%
Vitamin A	0%
Vitamin C	1%
Vitamin D	0%
Calcium	2%
Sugar	22 g <small>(Includes 5.3 tsp. added sugar)</small>

Calories
120

Serving Size = 12 ounces



COLA

	% Daily Value
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%
Sugar	37 g <small>(Includes 9.25 tsp. added sugar)</small>

Calories
155

Serving Size = 12 ounces




DIET COLA

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

Calories
4

Serving Size = 12 ounces

*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."




100%
ORANGE JUICE

	% Daily Value
Protein	4%
Vitamin A	2%
Vitamin C	140%
Vitamin D	0%
Calcium	2%
Sugar	21 g <small>(no added sugar)</small>

Calories
120

Serving Size = 8 ounces




FRUIT PUNCH

	% Daily Value
Protein	0%
Vitamin A	0%
Vitamin C	100%
Vitamin D	0%
Calcium	0%
Sugar	25 g <small>(Includes 6.25 tsp. added sugar)</small>

Calories
120

Serving Size = 6.75 ounces




**SWEETENED
ICED TEA**

	% Daily Value
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	1%
Sugar	30 g <small>(Includes 7.5 tsp. added sugar)</small>

Calories
120

Serving Size = 12 ounces



WATER

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

Calories
0

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 13 essential nutrients¹ that regular milk does and an ideal carbohydrate-to-protein mix that supports physical activity. Plus, it tastes great!



Percent Daily Values are based on a 2000 calorie diet. Percent Daily Values and Calories are rounded according to RDA rules for labeling. Nutrient values for products are shown for illustration purposes only. Nutrient values shown are representative of products as reported in the USDA National Nutrient Database for Standard Reference (SR 28). USDA NDB Number: Low-fat milk 1% 01082; Low-fat reduced sugar chocolate milk 01305; Orange Juice 09209; Water 14555; Fruit-flavored drink 14646; Sports drink 14460; and Carbonated Cola 14400. Sugars in beverages can include intrinsic and/or added sugars. Milk and orange juice naturally contain intrinsic sugars that are not considered “added sugars.” Added sugars were calculated using the following information: 8 oz of milk contains 12 g intrinsic sugar (lactose); 8 oz of orange juice contains 21 g intrinsic sugars; sports drink (22 g), and cola (37 g) are “added sugars.”
¹Based on the 2019 DRI for potassium developed by NASEM.