

THINK YOUR DRINK


When it comes to nutrition **MILK** delivers! **8 fluid oz.**
8 fluid oz. serving comparison

AVAILABLE IN SCHOOLS

Low-fat milk 1%

100 CALORIES **0 tsp ADDED SUGARS**


| | % Daily Value |
|-------------------------------|---------------|
| Saturated Fat (g) | 8% |
| Sodium (mg) | 5% |
| Protein (g) | 16% |
| Vitamin D (mcg) | 15% |
| Calcium (mg) | 25% |
| Iron (mg) | * |
| Potassium (mg) | 8% |
| Vitamin A (mcg) | 15% |
| Vitamin C (mg) | 0% |
| Vitamin E (mg) | 0% |
| Thiamin (mg) | 4% |
| Riboflavin (mg) | 35% |
| Niacin equivalents (mg) | 10% |
| Folate (mcg) | 4% |
| Vitamin B ₁₂ (mcg) | 50% |
| Phosphorous (mg) | 20% |



1% Low-fat Chocolate Milk REDUCED SUGAR

140 CALORIES **2 tsp ADDED SUGARS**


| | % Daily Value |
|-------------------------------|---------------|
| Saturated Fat (g) | 8% |
| Sodium (mg) | 7% |
| Protein (g) | 17% |
| Vitamin D (mcg) | 10% |
| Calcium (mg) | 25% |
| Iron (mg) | 2% |
| Potassium (mg) | 8% |
| Vitamin A (mcg) | 15% |
| Vitamin C (mg) | 0% |
| Vitamin E (mg) | 0% |
| Thiamin (mg) | 7% |
| Riboflavin (mg) | 350% |
| Niacin equivalents (mg) | 10% |
| Folate (mcg) | 4% |
| Vitamin B ₁₂ (mcg) | 20% |
| Phosphorous (mg) | 20% |



Orange Juice

120 CALORIES **0 tsp ADDED SUGARS**


| | % Daily Value |
|-------------------------------|---------------|
| Saturated Fat (g) | 0% |
| Sodium (mg) | 0% |
| Protein (g) | 3% |
| Vitamin D (mcg) | * |
| Calcium (mg) | 2% |
| Iron (mg) | * |
| Potassium (mg) | 10% |
| Vitamin A (mcg) | 0% |
| Vitamin C (mg) | 90% |
| Vitamin E (mg) | 4% |
| Thiamin (mg) | 10% |
| Riboflavin (mg) | 8% |
| Niacin equivalents (mg) | 4% |
| Folate (mcg) | 12% |
| Vitamin B ₁₂ (mcg) | 0% |
| Phosphorous (mg) | 4% |



Water

0 CALORIES **0 tsp ADDED SUGARS**

| | % Daily Value |
|-------------------------------|---------------|
| Saturated Fat (g) | 0% |
| Sodium (mg) | 0% |
| Protein (g) | 0% |
| Vitamin D (mcg) | * |
| Calcium (mg) | * |
| Iron (mg) | * |
| Potassium (mg) | * |
| Vitamin A (mcg) | 0% |
| Vitamin C (mg) | 0% |
| Vitamin E (mg) | 0% |
| Thiamin (mg) | 0% |
| Riboflavin (mg) | 0% |
| Niacin equivalents (mg) | 0% |
| Folate (mcg) | 0% |
| Vitamin B ₁₂ (mcg) | 0% |
| Phosphorous (mg) | 0% |




AVAILABLE OUTSIDE SCHOOLS

Fruit Punch

60 CALORIES **3 tsp ADDED SUGARS**


| | % Daily Value |
|-------------------------------|---------------|
| Saturated Fat (g) | 0% |
| Sodium (mg) | 4% |
| Protein (g) | 0% |
| Vitamin D (mcg) | * |
| Calcium (mg) | * |
| Iron (mg) | * |
| Potassium (mg) | 2% |
| Vitamin A (mcg) | 0% |
| Vitamin C (mg) | 70% |
| Vitamin E (mg) | 0% |
| Thiamin (mg) | 0% |
| Riboflavin (mg) | 0% |
| Niacin equivalents (mg) | 0% |
| Folate (mcg) | 0% |
| Vitamin B ₁₂ (mcg) | 0% |
| Phosphorous (mg) | 0% |



Chocolate Almond Beverage

120 CALORIES **5 tsp ADDED SUGARS**

| | % Daily Value |
|-------------------------------|---------------|
| Saturated Fat (g) | 0% |
| Sodium (mg) | 7% |
| Protein (g) | 3% |
| Vitamin D (mcg) | 10% |
| Calcium (mg) | 35% |
| Iron (mg) | 8% |
| Potassium (mg) | 4% |
| Vitamin A (mcg) | 15% |
| Vitamin C (mg) | 10% |
| Vitamin E (mg) | 45% |
| Thiamin (mg) | 4% |
| Riboflavin (mg) | 30% |
| Niacin equivalents (mg) | 2% |
| Folate (mcg) | 0% |
| Vitamin B ₁₂ (mcg) | 130% |
| Phosphorous (mg) | 4% |



Sports Drink

60 CALORIES **3 tsp ADDED SUGARS**


| | % Daily Value |
|-------------------------------|---------------|
| Saturated Fat (g) | 0% |
| Sodium (mg) | 4% |
| Protein (g) | 0% |
| Vitamin D (mcg) | * |
| Calcium (mg) | * |
| Iron (mg) | * |
| Potassium (mg) | * |
| Vitamin A (mcg) | 0% |
| Vitamin C (mg) | * |
| Vitamin E (mg) | 0% |
| Thiamin (mg) | 2% |
| Riboflavin (mg) | 0% |
| Niacin equivalents (mg) | 4% |
| Folate (mcg) | 0% |
| Vitamin B ₁₂ (mcg) | 0% |
| Phosphorous (mg) | 2% |



Cola

60 CALORIES **4 tsp ADDED SUGARS**

| | % Daily Value |
|-------------------------------|---------------|
| Saturated Fat (g) | 0% |
| Sodium (mg) | 0% |
| Protein (g) | 0% |
| Vitamin D (mcg) | * |
| Calcium (mg) | * |
| Iron (mg) | * |
| Potassium (mg) | * |
| Vitamin A (mcg) | 0% |
| Vitamin C (mg) | 0% |
| Vitamin E (mg) | 0% |
| Thiamin (mg) | 0% |
| Riboflavin (mg) | 0% |
| Niacin equivalents (mg) | 0% |
| Folate (mcg) | 0% |
| Vitamin B ₁₂ (mcg) | 0% |
| Phosphorous (mg) | 2% |



*Not a significant source of this nutrient.

Percent Daily Values are based on a 2000 calorie diet. Nutrients are highlighted if they contain at least 10% of the Daily Value. Percent Daily Values and Calories are rounded according to RDA rules for labeling. For purposes of comparison, all nutrients are those contained in 8 fluid ounces.

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; Chocolate almond beverage 14054; Sports drink 14460; and Carbonated Cola 14400. Because amount of tryptophan is not listed for USDA 01305, niacin equivalents for the reduced-sugar chocolate milk were calculated with amounts listed in the low-fat chocolate milk 01082.

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; all sugars in 8 oz. almond beverage (15 g), sports drink (13 g), and cola (16 g) are "added sugars."

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