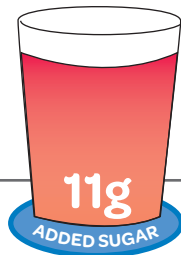


Added Sugars and Nutrition in Beverages: Finding the Best Balance for Kids



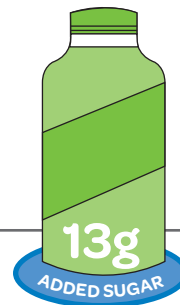
Orange Juice
Potassium
Vitamin C
Vitamin A
Thiamin
Folate



Fruit Punch
Manganese



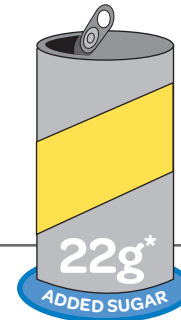
FLAVORED MILK
(low-fat)
Protein
Calcium
Vitamin D
Potassium
Vitamin A
Vitamin B12
Riboflavin
Niacin
(Niacin equivalents)
Phosphorus



Sports Drinks



Iced Tea
(Sweetened)
Manganese



Soft Drink

Flavored Milk contributes **only 3% of the total added sugars**** in childrens' diets, and provides 9 essential nutrients, making it a better choice than many other beverages.

* Sources: USDA Nutrient Database for Standard Reference, Release 23, September 2010
USDA Database for the Added Sugars Content of Selected Foods, Release 1, February 2006

** Source: Dairy Research Institute™. NHANES (2003-2006). Ages 2-18 years. Data Source: Centers for Disease Control and Prevention (CDC), National Center for Health Statistics, National Health and Nutrition Examination Survey. Hyattsville, MD: US Dept. of Health and Human Services, CDC, [2003-2004; 2005-2006]

Serving Size = 8 fluid ounces

Provides 10% or more of the Daily Value of each nutrient per serving.

For illustration purposes only.
Individual products may vary.