

Think Your

When it comes to NUTRITION, not all drinks are created equal! Which drink gives you the most nutritious "bang for your buck"?

DRINK

FAT FREE MILK

Calories 90
% Daily Value

Total Fat	0%
Total Carbohydrates	4%
Protein	17%
Vitamin A	10%
Vitamin C	4%
Vitamin D	25%
Calcium	30%

Serving Size = 1 cup \$.31

Fat Free CHOCOLATE MILK

Calories 150
% Daily Value

Total Fat	0%
Total Carbohydrates (6 tsp added sugar)	10%
Protein	17%
Vitamin A	10%
Vitamin C	4%
Vitamin D	25%
Calcium	30%

Serving Size = 1 cup \$.36

100% ORANGE JUICE

Calories 110
% Daily Value

Total Fat	0%
Total Carbohydrates	9%
Protein	0%
Vitamin A	0%
Vitamin C	120%
Vitamin D	0%
Calcium	2%

Serving Size = 1 cup \$.42

FRUIT PUNCH

Calories 120
% Daily Value

Total Fat	0%
Total Carbohydrates (7 tsp added sugar)	10%
Protein	0%
Vitamin A	0%
Vitamin C (fortified)	100%
Vitamin D	0%
Calcium	0%

Serving Size = 6.75 ounce box \$.28

COLA

Calories 150
% Daily Value

Total Fat	0%
Total Carbohydrates (10 tsp added sugar)	14%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

Serving Size = 12 ounce can \$.47

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%

Serving Size = 12 ounce can \$.47

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%

Serving Size = 8 ounce \$.64

SPORTS DRINK

Calories 50
% Daily Value

Total Fat	0%
Total Carbohydrates (9 tsp added sugar)	5%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

Serving Size = 8 ounce \$.41