

## What's in your drink?

One drink that has no calories, sugar or sodium is water. There are many healthy drinks available that contain milk, dairy, soy, tea, fruit or vegetable juices. There are also many fortified drinks available that contain added ingredients such as calcium. Use your money wisely and spend it on drinks that provide additional nutrients to your diet.



Water has no calories, sodium or sugar .

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## ▶ Nutrient content of drinks





## Nutrient content of drinks

Drink	Size	Serving size	Total Calories	Total Sodium	Total Sugars	Protein	Other Nutrients
<b>Diet Soft Drinks</b>	24 fl oz	8 fl oz	0	57 mg	0 g	0 g	None
<b>Regular Soft Drinks</b>	24 fl oz	8 fl oz	300	28 mg	64 g	0 g	None
<b>Water</b>	16 fl oz	8 fl oz	0	0 mg	0 g	0 g	None
<b>Sports Drinks</b>	24 fl oz	8 fl oz	90	345 mg	21 g	0 g	Potassium
<b>Orange Juice</b>	8 fl oz	8 fl oz	110	0 mg	22 g	2 g	Vitamin C 10%, Thiamin (B1) 10%, Folic Acid (Folate) 6%, Potassium
<b>Whole Milk</b>	8 fl oz	8 fl oz	120	125 mg	12 g	8 g	Vitamin A 10%, Calcium 30%, Vitamin D 25%, Thiamin (B1) 10%, Riboflavin (B2) 24%, Niacin (B3) 10%, Vitamin B6 6%, Folic Acid (Folate) 6%, Vitamin B12 13%, Panthothenic Acid 17%
<b>Chocolate Milk</b>	8 fl oz	8 fl oz	210	260 mg	23 g	0 g	Vitamin A 10%, Calcium 30%, Vitamin D 25%, Thiamin (B1) 10%, Riboflavin (B2) 24%, Niacin (B3) 10%, Vitamin B6 6%, Folic Acid (Folate) 6%, Vitamin B12 13%, Panthothenic Acid 17%
<b>Skim Milk</b>	8 fl oz	8 fl oz	80	120 mg	12 g	8 g	Vitamin A 10%, Calcium 30%, Vitamin D 25%, Thiamin (B1) 10%, Riboflavin (B2) 24%, Niacin (B3) 10%, Vitamin B6 6%, Folic Acid (Folate) 6%, Vitamin B12 13%, Panthothenic Acid 17%