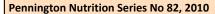
## What's in your drink?

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.



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Water has no calories, sodium or sugar.



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## Nutrient content of drinks





## **Nutrient content of drinks**

Drink	Size	Serving	Total	Total	Total	Protein	Other
		size	Calories	Sodium	Sugars		Nutrients
<b>Diet Soft Drinks</b>	24 fl oz	8 fl oz	0	57 mg	0 g	0 g	None
Regular Soft Drinks	24 fl oz	8 fl oz	300	28 mg	64 g	0 g	None
Water	16 fl oz	8 fl oz	0	0 mg	0 g	0 g	None
Sports Drinks	24 fl oz	8 fl oz	90	345 mg	21 g	0 g	Potassium
oports brinks		002		o .og	8	- 6	
Overste Ivies	8 fl oz	8 fl oz	110	0 mg	22 g	2 a	Vitamin C 10%, Thiamin (B1) 10%, Folic Acid
Orange Juice	8 11 02	8 11 02	110	UTIIB	22 g	2 g	(Folate) 6%, Potassium
							•
Whole Milk	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%
Chocolate Milk	8 fl pz	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%
Skim Milk	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%