



HOW DOES YOUR Beverage

STACK UP?

You may not think twice about what you slurp through a straw or pour into your glass each day. It's easy to overlook the liquid portion of your meals and snacks. But what you sip might slip you up if you're choosing lots of empty-calorie, sugar-laden drinks. See how some of these popular drinks stack up against milk.



Fat Free Milk

Calories: 80 Added Sugars: 0g

	% Daily Value
Protein:	15% (8g)
Vitamin D:	25%
Vitamin A:	10%
Vitamin C:	0%
Calcium:	30%

Serving Size: 8 oz.

Sweetened Iced Tea

Calories: 90 Added Sugars: 22g

	% Daily Value
Protein:	0% (0g)
Vitamin D:	0%
Vitamin A:	0%
Vitamin C:	0%
Calcium:	0%

Serving Size: 8 oz.



Orange Juice

Calories: 90 Added Sugars: 0g

	% Daily Value
Protein:	4% (2g)
Vitamin D:	0%
Vitamin A:	6%
Vitamin C:	160%
Calcium:	2%

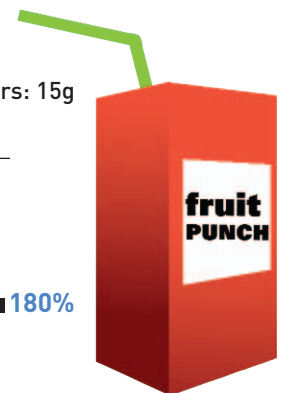
Serving Size: 8 oz.

Fruit Punch

Calories: 110 Added Sugars: 15g

	% Daily Value
Protein:	0% (0g)
Vitamin D:	0%
Vitamin A:	0%
Vitamin C:	180%
Calcium:	0%

Serving Size: 8 oz.



Regular Soda

Calories: 100 Added Sugars: 26g

	% Daily Value
Protein:	0% (0g)
Vitamin D:	0%
Vitamin A:	0%
Vitamin C:	0%
Calcium:	0%

Serving Size: 8 oz.

Sports Drink

Calories: 60 Added Sugars: 13g

	% Daily Value
Protein:	0% (0g)
Vitamin D:	0%
Vitamin A:	0%
Vitamin C:	0%
Calcium:	0%

Serving Size: 8 oz.



Source: USDA Nutrient Analysis Database

It's time to rethink your drink. To learn more on how you can make better beverage choices and do your own personal beverage analysis, visit www.thinkaboutyourdrink.com