

THINK YOUR

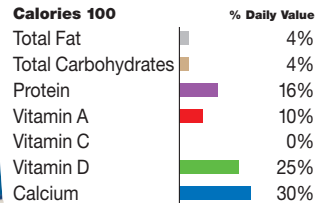
D R I N K

When it comes to **NUTRITION**, not all drinks are created equal!



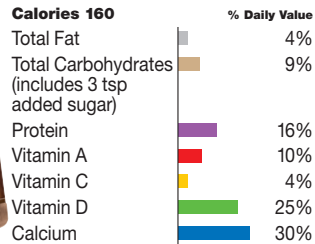
MILK LOWFAT 1%

Calories 100



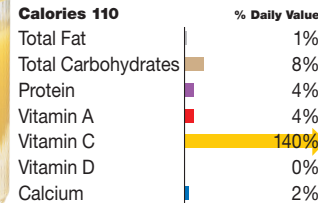
CHOCOLATE MILK LOWFAT 1%

Calories 160



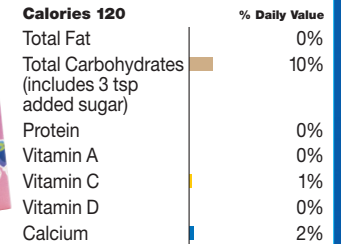
100% ORANGE JUICE

Calories 110



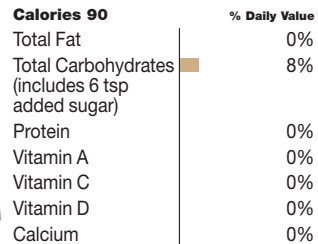
FRUIT PUNCH

Calories 120



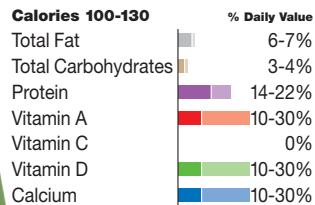
COLA

Calories 90



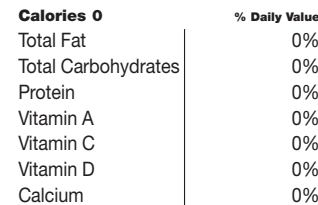
SOY BEVERAGE, PLAIN*

Calories 100-130



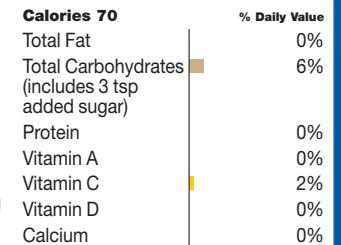
BOTTLED WATER

Calories 0



SPORTS DRINK

Calories 70



*Nutrient ranges for soy beverage reflect the differences between unfortified soy beverages as reported by USDA National Nutrient Database for Standard Reference, Release 19 and a large-distribution fortified soy beverage. Unlike milk, there is no federal standard of identity for soy beverages, and nutritional data will vary by brand. Consumers must carefully check the nutrition panel.

Sources: USDA National Nutrient Database for Standard Reference, Release 19; USDA database for the added sugars content of selected foods, Release 1, February, 2006. Percent Daily Values are based on a 2,000 calorie diet. All nutrients quoted for 8 oz. portion.

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