

PUT YOUR BEVERAGE TO THE TEST

When it comes to nutrition, how does your favorite rate?

Based on 8 oz. servings



1% MILK

Calories 128
Total Fat 2.5g
Carbohydrates 16g
Protein 11g

% Daily Value

Vitamin A 10%
Vitamin C 4%
Vitamin D 25%
Calcium 39%

1% CHOCOLATE MILK

Calories 172
Total Fat 2.6g
Carbohydrates 29g
Protein 9g

% Daily Value

Vitamin A 10%
Vitamin C 4%
Vitamin D 25%
Calcium 32%



100% ORANGE JUICE

Calories 110
Total Fat 0g
Carbohydrates 27g
Protein 2g

% Daily Value

Vitamin A 0%
Vitamin C 130%
Vitamin D 0%
Calcium 2%



BOTTLED WATER

Calories 0
Total Fat 0g
Carbohydrates 0g
Protein 0g

% Daily Value

Vitamin A 0%
Vitamin C 0%
Vitamin D 0%
Calcium 0%



CARBONATED MILK-BASED BEVERAGE*

Calories 110
Total Fat 0g
Carbohydrates 19g
Protein 9g

% Daily Value

Vitamin A 10%
Vitamin C 4%
Vitamin D 25%
Calcium 35%



FRUIT DRINK

Calories 138
Total Fat 0g
Carbohydrates 35g
Protein 0g

% Daily Value

Vitamin A 3%
Vitamin C 103%
Vitamin D 0%
Calcium 0%



SPORTS DRINK

Calories 50
Total Fat 0g
Carbohydrates 14g
Protein 0g

% Daily Value

Vitamin A 0%
Vitamin C 0%
Vitamin D 0%
Calcium 0%



COLA

Calories 101
Total Fat 0g
Carbohydrates 28g
Protein 0g

% Daily Value

Vitamin A 0%
Vitamin C 0%
Vitamin D 0%
Calcium 0%



*Of the beverages analyzed, percent of milk in milk-based carbonated beverages varied considerably.

Source: Dairy Council of California © Dairy Council of California 2004

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