


THINK YOUR DRINK

When it comes to nutrition **MILK** delivers! **8 fluid oz.**
8 serving comparison

AVAILABLE IN SCHOOLS

Low-fat milk 1%



	% Daily Value
Total Fat	4
Saturated Fat	8
Total Carbohydrates	4
Protein 8 g	16 ✓
Vitamin A	10 ✓
Vitamin C	0
Vitamin D	30 ✓
Vitamin B ₁₂	20 ✓
Riboflavin	25 ✓
Phosphorus	25 ✓
Folate	4
Calcium	30 ✓
Sodium	4
Potassium	10 ✓

100 CALORIES **0 tsp** ADDED SUGARS


Fat-free Chocolate Milk



	% Daily Value
Total Fat	0
Saturated Fat	0
Total Carbohydrates	7
Protein 8 g	16 ✓
Vitamin A	10 ✓
Vitamin C	2
Vitamin D	25 ✓
Vitamin B ₁₂	20 ✓
Riboflavin	25 ✓
Phosphorus	20 ✓
Folate	2
Calcium	30 ✓
Sodium	7
Potassium	12 ✓

120 CALORIES **1.5 tsp** ADDED SUGARS


Orange Juice



	% Daily Value
Total Fat	0
Saturated Fat	0
Total Carbohydrates	10 ✓
Protein 2 g	4
Vitamin A	2
Vitamin C	140 ✓
Vitamin D	0
Vitamin B ₁₂	0
Riboflavin	6
Phosphorus	4
Folate	10 ✓
Calcium	2
Sodium	0
Potassium	13 ✓

120 CALORIES **0 tsp** ADDED SUGARS

Water



	% Daily Value
Total Fat	0
Saturated Fat	0
Total Carbohydrates	0
Protein 0 g	0
Vitamin A	0
Vitamin C	0
Vitamin D	0
Vitamin B ₁₂	0
Riboflavin	0
Phosphorus	0
Folate	0
Calcium	0
Sodium	0
Potassium	0

0 CALORIES **0 tsp** ADDED SUGARS

AVAILABLE OUTSIDE SCHOOLS


Low-fat Chocolate Milk



	% Daily Value
Total Fat	4
Saturated Fat	7
Total Carbohydrates	8
Protein 8 g	16 ✓
Vitamin A	8 ✓
Vitamin C	2
Vitamin D	25 ✓
Vitamin B ₁₂	10 ✓
Riboflavin	35 ✓
Phosphorus	25 ✓
Folate	2
Calcium	30 ✓
Sodium	7
Potassium	12 ✓

160 CALORIES **3 tsp** ADDED SUGARS

Vanilla Almond Beverage



	% Daily Value
Total Fat	4
Saturated Fat	0
Total Carbohydrates	5
Protein 1 g	2
Vitamin A	10 ✓
Vitamin C	0
Vitamin D	25 ✓
Vitamin B ₁₂	50 ✓
Riboflavin	25 ✓
Phosphorus	2
Folate	0
Calcium	45 ✓
Sodium	6
Potassium	3

90 CALORIES **4 tsp** ADDED SUGARS


Sports Drink



	% Daily Value
Total Fat	0
Saturated Fat	0
Total Carbohydrates	5
Protein 0 g	0
Vitamin A	0
Vitamin C	2
Vitamin D	0
Vitamin B ₁₂	0
Riboflavin	0
Phosphorus	2
Folate	0
Calcium	0
Sodium	4
Potassium	1

60 CALORIES **3 tsp** ADDED SUGARS

Cola



	% Daily Value
Total Fat	0
Saturated Fat	0
Total Carbohydrates	8
Protein 0 g	0
Vitamin A	0
Vitamin C	0
Vitamin D	0
Vitamin B ₁₂	0
Riboflavin	0
Phosphorus	2
Folate	0
Calcium	0
Sodium	0
Potassium	0

100 CALORIES **6 tsp** ADDED SUGARS

Percent Daily Values are based on a 2,000 calorie diet. Nutrients are highlighted if they contain at least 10% of the Daily Value. Percent Daily Values and Calories are rounded according to FDA rules for labeling. For purposes of comparison, all nutrients are those contained in 8 fluid ounces.

Nutrient values for products vary and are shown for illustration purposes only. Nutrient values shown are representative of products as reported in the USDA National Nutrient Database for Standard Reference (SR 28), except for fat-free chocolate milk. USDA NDB No.: Low-fat milk 1% 01082; Low-fat chocolate milk 01104; Vanilla almond beverage 14016; Orange juice 09209; Sports drink 14460; Cola 14148; Water 14411. Fat-free chocolate milk nutrient data is from TruMoo Nutrition Facts Panel (<http://www.trumoo.com/products>), and is provided as representative of the nutritional contents of fat-free chocolate milk typically offered in schools. Actual nutrient data may differ based on the particular fat-free chocolate milk product offered.

Sugars in beverages can include intrinsic and/or added sugars. Milk and orange juice naturally contain intrinsic sugars that are not considered "added sugars." Added sugars were calculated using the following information: 8 oz. of milk contains 12 g intrinsic sugar (lactose); 8 oz. of orange juice contains 21 g intrinsic sugars; all sugars in 8 oz. vanilla almond beverage (15 g), sports drink (13 g), and cola (16 g) are "added sugars."