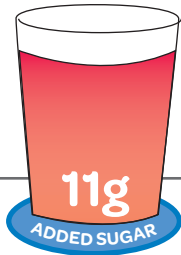


# Added Sugars and Nutrition in Beverages: Finding the Best Balance for Kids



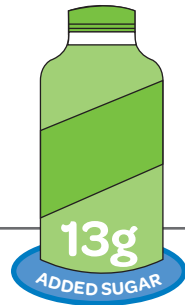
Orange Juice  
**Potassium**  
**Vitamin C**  
**Vitamin A**  
**Thiamin**  
**Folate**



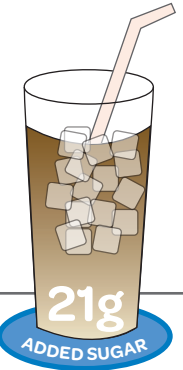
Fruit Punch  
**Manganese**



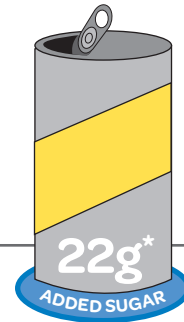
**FLAVORED MILK**  
**(low-fat)**  
**Protein**  
**Calcium**  
**Vitamin D**  
**Potassium**  
**Vitamin A**  
**Vitamin B12**  
**Riboflavin**  
**Niacin**  
**(Niacin equivalents)**  
**Phosphorus**



Sports Drinks



Iced Tea  
**(Sweetened)**  
**Manganese**



Soft Drink

Flavored Milk contributes **only 3% of the total added sugars\*\*** in childrens' diets, and provides 9 essential nutrients, making it a better choice than many other beverages.

\* Sources: USDA Nutrient Database for Standard Reference, Release 23, September 2010  
USDA Database for the Added Sugars Content of Selected Foods, Release 1, February 2006

\*\* Source: Dairy Research Institute™. NHANES (2003-2006). Ages 2-18 years. Data Source: Centers for Disease Control and Prevention (CDC), National Center for Health Statistics, National Health and Nutrition Examination Survey. Hyattsville, MD: US Dept. of Health and Human Services, CDC, [2003-2004; 2005-2006]

Serving Size = 8 fluid ounces

Provides 10% or more of the Daily Value of each nutrient per serving.

For illustration purposes only.  
Individual products may vary.