

# THINK YOUR DRINK!

*When it comes to nutrition, not all drinks are created equal.*



MILK		
Nutrition Facts		
Serving Size 1 cup = 8 oz.		
Servings Per Container 1		
Calories 83		
		% DAILY VALUE
Total Fat	0g	0%
Total Carbohydrate	13g	4%
Protein	8g	17%
Vitamin A		10%
Vitamin C		0%
Vitamin D		25%
Calcium		30%

CHOCOLATE MILK		
Nutrition Facts		
Serving Size 1 cup = 8 oz.		
Servings Per Container 1		
Calories 158		
3 tsp. added sugar		
		% DAILY VALUE
Total Fat	2.5g	4%
Total Carbohydrate	26g	9%
Protein	8g	16%
Vitamin A		10%
Vitamin C		4%
Vitamin D		25%
Calcium		30%



COLA		
Nutrition Facts		
Serving Size 1 cup = 8 oz.		
Servings Per Container 2.5		
Calories 150		
6 tsp. added sugar		
		% DAILY VALUE
Total Fat	0g	0%
Total Carbohydrate	22g	8%
Protein	0g	0%
Vitamin A		0%
Vitamin C		0%
Vitamin D		0%
Calcium		0%

DIET COLA		
Nutrition Facts		
Serving Size 1 cup = 8 oz.		
Servings Per Container 2.5		
Calories 0		
		% DAILY VALUE
Total Fat	0g	0%
Total Carbohydrate	0g	0%
Protein	0g	0%
Vitamin A		0%
Vitamin C		0%
Vitamin D		0%
Calcium		0%



100% ORANGE JUICE		
Nutrition Facts		
Serving Size 1 cup = 8 oz.		
Servings Per Container 1.5		
Calories 110		
		% DAILY VALUE
Total Fat	0g	0%
Total Carbohydrate	25g	8%
Protein	0g	0%
Vitamin A		9%
Vitamin C		143%
Vitamin D		0%
Calcium		2%

FRUIT PUNCH		
Nutrition Facts		
Serving Size 1 cup = 8 oz.		
Servings Per Container 1		
Calories 120		
7 tsp. added sugar		
		% DAILY VALUE
Total Fat	0g	0%
Total Carbohydrate	30g	10%
Protein	0g	0%
Vitamin A		0%
Vitamin C		0%
Vitamin D		0%
Calcium		2%



BOTTLED WATER		
Nutrition Facts		
Serving Size 1 cup = 8 oz.		
Servings Per Container 1.5		
Calories 0		
		% DAILY VALUE
Total Fat	0g	0%
Total Carbohydrate	0g	0%
Protein	0g	0%
Vitamin A		0%
Vitamin C		0%
Vitamin D		0%
Calcium		0%

SPORTS DRINK		
Nutrition Facts		
Serving Size 1 cup = 8 oz.		
Servings Per Container 2		
Calories 66		
3.5 tsp. added sugar		
		% DAILY VALUE
Total Fat	0g	0%
Total Carbohydrate	16g	5%
Protein	0g	0%
Vitamin A		0%
Vitamin C		2%
Vitamin D		0%
Calcium		0%



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# THINK YOUR DRINK!

## GET ALL THE FACTS!!!!

Take a closer look. The **Nutrition Facts** Food Label offers information to you about what you are eating!

### START WITH SERVING SIZE!

The label gives both the serving size and number of servings in the package. Remember, the serving size (amount for one serving) on the label is not necessarily all the food or beverage in the container. Be sure to compare your portion to a serving size on the label.

If a label serving size is 1 cup and you drank 2 cups, you consumed twice the amount of calories and other nutrients listed.

Example: 20 oz of Cola is 2.5 servings!



8 oz = 1 serving    12 oz = 1.5 servings    16 oz = 2 servings    20 oz = 2.5 servings

### NOTE THE NUTRIENTS!

Of all the nutrients in food, only a few are listed on the label -- those that relate to today's most important health issues.

- For **Fat, Saturated Fat, Trans Fat, Cholesterol, and Sodium**, try to limit how much you consume from a variety of foods to 100% Daily Value (DV) or less for the day.
- For **Fiber, Vitamins A and C, Calcium, and Iron**, try to consume a variety of foods that add up to 100% DV per day. Check the label!

Be aware that 100% DV may or may not be the optimal amount recommended for you. For example, on food labels, the DV for Calcium is 1,000 milligrams, the Dietary Reference Intake (DRI) recommended for adults up to fifty. However, teens are urged to consume 1,300 mg of calcium daily, and for adults over age fifty, the advice is 1,200 mg daily.

Depending on your age, gender, and activity level, you may need more or less than 100% DV. Visit [www.mypyramid.gov](http://www.mypyramid.gov) for more information.

## STEP 1:

Grab a drink and fill in the Nutrition Facts label with information from your container.

## STEP 2:

Graph the % Daily Value nutrients in your drink.

This is where you'll see if your drink has little or many nutrients. These percentages give you a general idea of how one serving contributes nutritionally to a 2,000 calorie-a-day diet.

Start Here

### Nutrition Facts

Serving Size \_\_\_\_\_  
Servings Per Container \_\_\_\_\_

Amount Per Serving  
**Calories** \_\_\_\_\_ **Calories from Fat** \_\_\_\_\_

%Daily Value

**Total Fat** \_\_\_\_\_ g \_\_\_\_\_ %

Saturated Fat \_\_\_\_\_ g \_\_\_\_\_ %

**Trans Fat** \_\_\_\_\_ g \_\_\_\_\_ %

**Cholesterol** \_\_\_\_\_ mg \_\_\_\_\_ %

**Sodium** \_\_\_\_\_ mg \_\_\_\_\_ %

**Total Carbohydrate** \_\_\_\_\_ g \_\_\_\_\_ %

Dietary Fiber \_\_\_\_\_ g

Sugars \_\_\_\_\_ g

**Protein** \_\_\_\_\_ g

Vitamin A \_\_\_\_\_ % • Vitamin C \_\_\_\_\_ %

Calcium \_\_\_\_\_ % • Iron \_\_\_\_\_ %

Vitamin D \_\_\_\_\_ %

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	35g
Cholesterol	Less Than	300g	300mg
Sodium	Less Than	2,400g	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

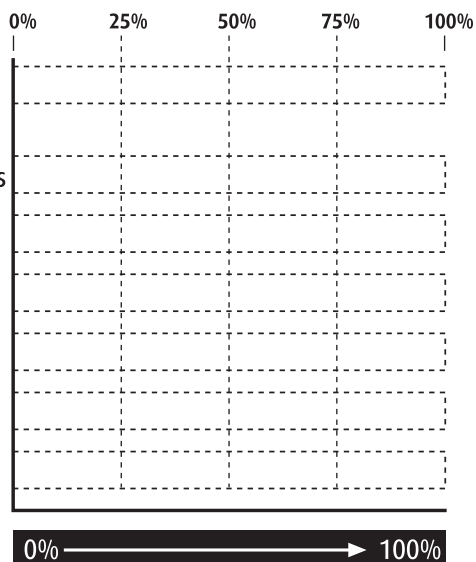
Limit these Nutrients

Get enough of these Nutrients

Quick Guide to % DV

- 5% or less is Low
- 20% or less is High

Remember that % DV refers to a whole day, not to a single meal or snack.



## STEP 3:

So what do you think? Is this drink a good source of nutrients?