

# 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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