

Think Your

DRINK!

When it comes to NUTRITION, not all drinks are created equal! Which drink gives you the most nutritious "bang for your buck"?




FAT FREE MILK

CALORIES 80

	% Daily Value
Fat	0%
Carbohydrates	4%
Protein	19%
Vitamin A	10%
Vitamin C	4%
Vitamin D	25%
Calcium	30%

Serving Size = 8 ounces




CHOCOLATE MILK

Lowfat 1%

CALORIES 160

	% Daily Value
Fat	4%
Carbohydrates (includes 4 tsp added sugar)	10%
Protein	17%
Vitamin A	10%
Vitamin C	4%
Vitamin D	25%
Calcium	30%

Serving Size = 8 ounces

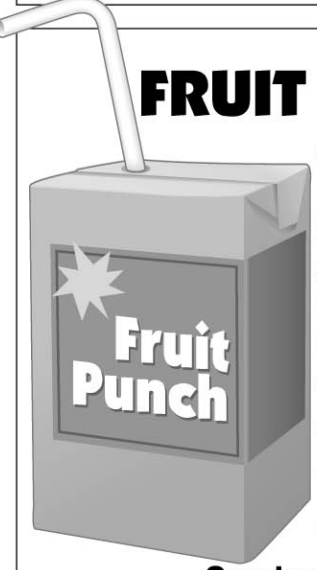


COLA

CALORIES 150

	% Daily Value
Fat	0%
Carbohydrates (includes 9 tsp added sugar)	14%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

Serving Size = 12 ounce can




FRUIT PUNCH

CALORIES 130

	% Daily Value
Fat	0%
Carbohydrates (includes 6 ³ / ₄ tsp added sugar)	11%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

Serving Size = 8 1/2 ounce box




100% ORANGE JUICE

CALORIES 110

	% Daily Value
Fat	0%
Carbohydrates	8%
Protein	0%
Vitamin A	2%
Vitamin C	150%
Vitamin D	0%
Calcium	2%

Serving Size = 8 ounces



Diet COLA

CALORIES 0

	% Daily Value
Fat	0%
Carbohydrates	0%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%

Serving Size = 12 ounce can

Activity: Think Your Drink! Trivia Bowl

Hand out the “Think Your Drink!” blackline master and have your group answer the following questions:

1. The mineral calcium builds and maintains strong bones. Which beverages build bones?
2. Vitamin D is required for the body to absorb calcium. Which beverages have vitamin D?
3. Which beverage has more sugar . . . chocolate milk or cola?
4. Which beverage has more sugar added . . . chocolate milk or fruit punch?
5. What nutrient does cola offer?
6. Which beverages offer more than one vitamin?
7. Which beverages have the most nutrients per calorie?
8. How many glasses of milk would it take to get 90 percent of your Daily Value of calcium?
9. Protein is the basis for building all body cells. Which beverages are a good source of protein?
10. Which beverage is a good source of vitamin C?
11. How much milk is considered a “serving?”
12. Vitamin A is important for growth and healthy eyes. Which beverages offer 10 percent of the Daily Value of vitamin A?

Answers: 1) Fat-free milk and chocolate milk, 2) Fat-free milk and chocolate milk, 3) Cola, 4) Fruit punch, 5) Carbohydrate, 6) Fat-free milk and chocolate milk, 7) Fat-free and lowfat milk, 8) Three, 9) Milk, 10) 100% orange juice, 11) 8 ounces, 12) Fat-free milk and chocolate milk