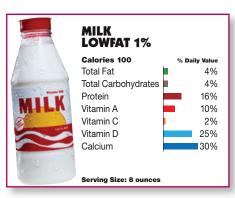


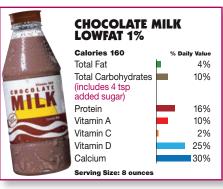
Think Your Drink

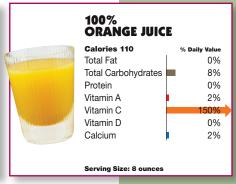


When it comes to nutrition, not all drinks are created equal! Follow the guide below to make a healthy choice.













	BOTTLED WATER	
	Calories 0	% Daily Value
	Total Fat	0%
	Total Carbohydrates	0%
,AA /	Protein	0%
SDDING	Vitamin A	0%
WATER	Vitamin C	0%
	Vitamin D	0%
	Calcium	0%
4620		
	Serving Size: 8 ounces	

	SPORTS DRINK	
	Calories 50	% Daily Value
	Total Fat	0%
	Total Carbohydrates	5%
	Protein	0%
as .	Vitamin A	0%
SPORT	Vitamin C	0%
ORING /	Vitamin D	0%
(A)	Calcium	0%
	Serving Size: 8 ounces	

	FRUIT PUNCH	
[TOUT	Calories 130	% Daily Value
PUNCH	Total Fat	0%
	Total Carbohydrates (includes 6 3/4 tsp added sugar)	11%
2000	Protein	0%
	Vitamin A	0%
	Vitamin C	0%
MARKET BEE	Vitamin D	0%
	Calcium	0%
	Serving Size: 8 ¹ / ₂ ounce	es

For more information on keeping you and your family healthy visit: www.uhs.net/stayhealthykids



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