









Grab a Drink

Compare the drinks below. Which are your favorites? Find a drink at home and write in the nutrition information from the label in the space at the bottom of the page.

Beverage (8 oz)	Calories	Sugars	Calcium
Milk, 1% lowfat 	100	11 grams	30%
Milk, 1% lowfat chocolate 	160	27 grams	30%
Orange Juice 	110	22 grams	2%
Fruit punch drink 	120	29 grams	0
Sports drink 	70	19 grams	0
Water 	0	0	0
Cola 	100	27 grams	0
Diet cola 	0	0	0
Your drink			

Milk, 1% lowfat

Nutrition Facts	
Serving Size 8 fl oz	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 25
%Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fats 0g	0%
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

1. Which beverages are not in any food group?

2. Which drinks have the most calcium?

3. Which drink has the most calcium and the lowest amount of sugar?

4. Which drinks give you a lot of calories and sugar, but no calcium?

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