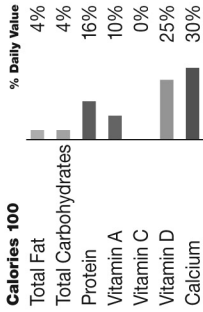


When it comes to **NUTRITION**, not all drinks are created equal!

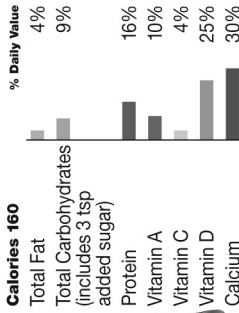
DRINK

THINK YOUR

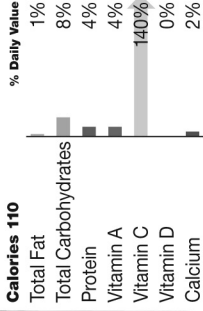
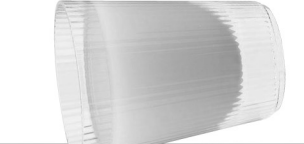
MILK LOWFAT 1%



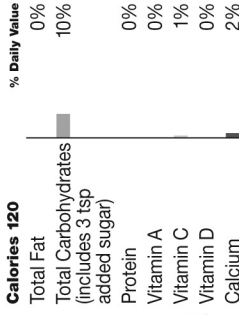
CHOCOLATE MILK LOWFAT 1%



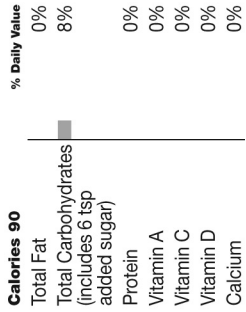
100% ORANGE JUICE



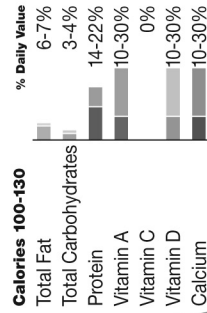
FRUIT PUNCH



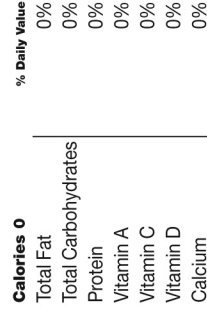
COLA



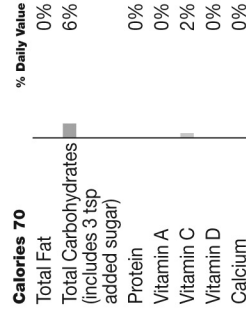
SOY BEVERAGE, PLAIN*



BOTTLED WATER



SPORTS DRINK



*Nutrient ranges for soy beverage reflect the differences between unfortified soy beverages as reported by USDA National Nutrient Database for Standard Reference, Release 19 and a large-distribution fortified soy beverage. Unlike milk, there is no federal standard of identity for soy beverages, and nutritional data will vary by brand. Consumers must carefully check the nutrition panel.

Sources: USDA National Nutrient Database for Standard Reference, Release 19; USDA database for the added sugars content of selected foods, Release 1, February, 2006. Percent Daily Values are based on a 2,000 calorie diet. All nutrients quoted for 8 oz. portion.

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