

Beverage Facts

Nutrition Facts

Serving Size 6 fl oz (177 ml)

Amount Per Serving % DV*

Calories 60

Total Fat 0g 0%

Sodium 15mg 1%

Total Carbohydrate 17g 6%

Sugars (16g)

Protein 0g

Vitamin C 0%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium, or iron.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Capri Sun Fruit Punch Ingredients

Water; high-fructose corn syrup; apple juice concentrate; citric acid; grape, pineapple, and cherry juice concentrates; natural flavor; vitamin E acetate

Nutrition Facts

Serving Size 6 fl oz (177 ml)

Amount Per Serving % DV*

Calories 83

Total Fat 0g 0%

Sodium 11mg 1%

Potassium 338 mg 13%

Total Carbohydrate 20g 15%

Sugars (18g)

Protein 2g

Vitamin C 100% B₆ 4%

Thiamin 8% Niacin 2%

Folate 12% Calcium 2%

Magnesium 5%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium, or iron.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Orange Juice (Minute Maid) Ingredients

100% pure squeezed orange juice from concentrate (pure filtered water, premium concentrate orange juice)

Note: This drink may be sold in bottles that contain more than one serving. A 10-ounce (300 ml) bottle contains 30 grams of sugar.

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics). Nutrition information retrieved from company websites on June 10, 2014: Capri Sun Fruit Punch, www.kraftrecipies.com/Products/ProductInfoDisplay.aspx?SiteId=1&Product=8768400102; Minute Maid Orange Juice, www.minutemaids.com/orange-juice

Nutrition Facts

Serving Size 12 fl oz (355 ml)

Amount Per Serving	% DV*
Calories 80	
Total Fat 0g	0%
Sodium 160mg	7%
Potassium 45mg	1%
Total Carbohydrate 21g	7%
Sugars 21g	
Protein 0g	

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium, or iron.
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Gatorade Cool Blue Thirst Quencher Ingredients

Water, sugar, dextrose, citric acid, natural and artificial flavor, salt, sodium citrate, monopotassium phosphate, modified food starch, glycerol ester of rosin, blue 1

Note: This drink is sold in bottles that contain more than one serving. A 32-ounce (950 ml) bottle contains about 53 grams of sugar.

Nutrition Facts

Serving Size 8 fl oz (250 ml)

Amount Per Serving	% DV*
Calories 110	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	0%
Cholesterol 15mg	4%
Sodium 130mg	5%
Total Carbohydrate 13g	4%
Sugars 12g	
Protein 8g	

Vitamin A 10% • Vitamin C 2%
Calcium 30% • Vitamin D 25%

Not a significant source of dietary fiber or iron.
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Unflavored (Low-Fat) Milk Ingredients

Unflavored milk (pasteurized and homogenized), vitamin A palmitate, vitamin D₃

Nutrition Facts

Serving Size 8 fl oz (250 ml)

Amount Per Serving	% DV*
Calories 0	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Sugars 0g	
Protein 0g	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Water Ingredients

Natural spring water

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics). Nutrition information retrieved from company websites on June 10, 2014: Gatorade, www.gatorade.com/products/g-series/thirst-quencher

Nutrition Facts

Serving Size 20 fl oz (625 ml)

Amount Per Serving		% DV*
Calories 140		
Total Fat	0g	0%
Sodium	45mg	1%
Total Carbohydrate	39g	13%
Sugars 39g		
Protein	0g	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Coca-Cola Ingredients

Carbonated water, high-fructose corn syrup, caramel color, phosphoric acid, natural flavors, caffeine

Note: This drink may be sold in bottles that contain more than one serving. A 20-ounce (590 ml) bottle contains 65 grams of sugar.

Nutrition Facts

Serving Size 8 fl oz (250 ml)

Amount Per Serving		% DV*
Calories 130		
Total Fat	0g	0%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol	5mg	2%
Sodium	135mg	6%
Total Carbohydrate	23g	8%
Dietary Fiber 1g		2%
Sugars 22g		
Protein	9g	

Vitamin A 10% • Vitamin C 0%
Calcium 30% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

McDonald's (Fat-Free) Chocolate Milk Jug Ingredients

Nonfat milk, sugar, fructose, cocoa, cocoa (processed with alkali), natural flavor, salt, carrageenan, vitamin A palmitate, vitamin D₃

Minute Maid Lemonade

Pure filtered water, high-fructose corn syrup, lemon juice from concentrate, lemon pulp, natural flavors, sugar

Note: This drink may be sold in bottles that contain more than one serving. A 20-ounce (590 ml) bottle contains 67 grams of sugar.

Nutrition Facts

Serving Size 8 fl oz (250 ml)

Amount Per Serving		% Daily Value*
Calories 110		
Total Fat	0g	0%
Sodium	15mg	1%
Total Carbohydrate	29g	10%
Sugars 28g		
Protein	0g	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics). Nutrition information retrieved from company websites on June 10, 2014: Coca-Cola, <http://productnutrition.thecoca-colacompany.com>; McDonald's fat-free chocolate milk, www.mcdonalds.com/us/en/food/product_nutrition.beverages.770.fat-free-chocolate-milk-jug.html; Minute Maid Lemonade, www.minutemaids.com/lemonade-and-punch/lemonade-59-fl-oz-carton