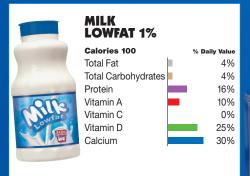
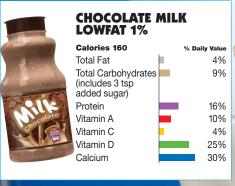
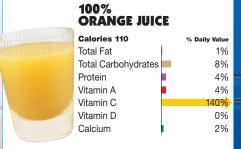
THINK YOUR

DRINK.

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







	A CONTRACTOR OF THE PARTY OF TH	FRUIT PUNCH	
	[EDI IIT	Calories 120	% Daily Value
	PLINCH	Total Fat	0%
	Toller	Total Carbohydrates	10%
-		(includes 3 tsp added sugar)	
		0 ,	00/
=		Protein	0%
		Vitamin A	0%
		Vitamin C	1%
		Vitamin D	0%
		Calcium	2%

	COLA	
Transmission of the last of th	Calories 90	% Daily Value
And the second	Total Fat	0%
	Total Carbohydrates (includes 6 tsp added sugar)	8%
	Protein	0%
	Vitamin A	0%
	Vitamin C	0%
	Vitamin D	0%
	Calcium	0%

	SOY BEVERACE PLAIN*	ŝE,	
	Calories 100-130		% Daily Value
COY	Total Fat		6-7%
SOI	Total Carbohydrates		3-4%
	Protein		14-22%
	Vitamin A		10-30%
	Vitamin C		0%
	Vitamin D		10-30%
	Calcium		10-30%

	BOTTLED WATER	
	Calories 0	% Daily Valu
	Total Fat	09
	Total Carbohydrates	09
Natural C	Protein	09
SPRING	Vitamin A	09
WATER	Vitamin C	09
	Vitamin D	09
	Calcium	09

	SPORTS DRINK	
	Calories 70	% Daily Value
	Total Fat	0%
	Total Carbohydrates (includes 3 tsp added sugar)	6%
en BIS	Protein	0%
DRIDIA /	Vitamin A	0%
	Vitamin C	2%
	Vitamin D	0%
	Calcium	0%

*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.

www.NutritionExplorations.org

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.