

Name: _____

Making Better Beverage Choices

Compare 1 cup (8 oz) of each of these Beverages. Check the Nutrition Facts panel to collect the needed information.

Per Serving:	No added sugar	3 grams of fat or less	10% Calcium, 10% Vitamin A, 10% Vitamin C or 10% Iron
Whole Milk			
Skim Milk			
Chocolate Milk			
Low Fat Chocolate Milk			
Diet Soft Drink			
Soft Drink			
Water			
Flavored Water			
Sports Drink			
Juice Drink			
100% Juice			
Soy Milk			
Red Bull			