

## Teacher's Answer Key to Making Better Beverage Choices

Compare 1 cup (8 ounces) of each of these beverages.

<b>Healthier choices are in bold.</b>	<b>Beverages with:</b>		
	<b>No added sugar</b>	<b>3 grams of fat or less</b>	<b>10% Calcium, 10% Vitamin A, 10% Vitamin C or 10% Iron</b>
Whole Milk	x		x
<b>Skim Milk</b> (good source of calcium and vitamins A and D)	x	x	x
Chocolate Milk			x
Low Fat Choc Milk (a better choice than regular chocolate milk)		x	x
Diet Soft Drink (a better choice than regular soft drinks since there are 0 calories)	x	x	
Soft Drink		x	
<b>Water</b>	x	x	
Flavored Water	(some)	x	(some)
Gatorade	x	x	
Juice Drink		x	(some)
<b>100% Juice</b> (provides vitamins and minerals but fresh fruit would be a better choice)	x	x	x
<b>Soy Milk</b> (needs to be enriched with Vitamin A, Vitamin D and calcium)	x	x	x
<b>Red Bull Energy Drink</b>		x	