Rethink Your Drink



Nutrition Facts	
Serving Size 1 bottle	
Servings Per Container 1	
Amount Per Serving	
Calories 240	
% Dail	y Value*
Total Fat 0g	0%
Sodium 75mg	3%
Total Carbohydrate 65g	22%
Sugars 65g	
Protein 0g	
Not a significant source of fat calories, saturated fat, trans for cholesterol, fiber, vitamin A, v C, calcium and iron.	

*Percent Daily Values (DV) are based

on a 2,000 calorie diet

What is the serving size?

How many calories are in a single serving?

How much added sugar is in a single serving?

Contains: Carbonated water, High fructose corn syrup, Caramel color, Phosphoric acid, Natural flavors, Caffeine.

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White milk does not contain added sugar.

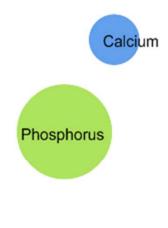


White Milk

Contains: Lowfat milk, Vitamin A palmitate, Vitamin D₃.

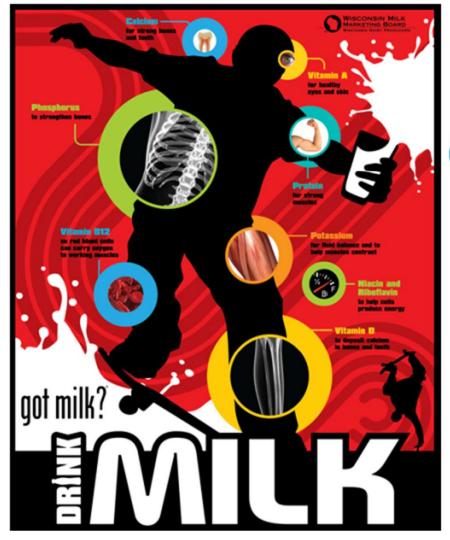


Rethink Your Drink Milk Has Nutrients

















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How Much Added Sugar is Really in **Chocolate Milk?**

Nutrition Facts

Calories 130	Calories from Fat
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fa	t 0g
Monounsaturated F	at 0g
Cholesterol 5mg	2%
Sodium 200mg	8%
Potassium 440mg	12%
Total Carbohydrate	24g 8%
Dietary Fiber 0g	0%
Sugars 22g	
Protein 8g	16%
	15
Vitamin A 10%	 Vitamin C 29
Cardiani Con	 Iron 29
Vitamin D 25%	 Riboflavin 20%

 Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on

your calorie needs:

Chocolate Milk

Contains: Fat free milk, Sugar, Contains less than 1% of: Cocoa (processed with alkali), Corn starch, Salt, Carrageenan, Artificial flavor, Vitamin A palmitate, Vitamin D₃.



_22 total grams of sugar 12 grams of milk sugar	
= _10_	grams of added sugar

