

Rethink Your Drink



Nutrition Facts	
Serving Size 1 bottle	
Servings Per Container 1	
Amount Per Serving	
Calories 240	
	% Daily 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 fat, cholesterol, fiber, vitamin A, vitamin 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.**



Rethink Your Drink

White milk does not contain added sugar.

Nutrition Facts	
Serving Size 8 fl oz 1 cup (240mL)	
Servings Per Container 1	
Amount Per Serving	
Calories 100	Calories from Fat 25
%Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugar 12g	
Protein 8g	
Vitamin A 0%	Vitamin C 6%
Calcium 4%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

White Milk

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



Rethink Your Drink

Milk Has Nutrients

got milk? DRINK MILK

Calcium
for strong bones and teeth

Phosphorus
strengthens bones

Vitamin B12
in red blood cells can carry oxygen to working muscles

Protein
strong muscles

Potassium
for fluid balance and to help muscles contract

Niacin and Riboflavin
to help cells produce energy

Vitamin A
for healthy eyes and skin

Vitamin D
to deposit calcium in bones and teeth

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Calcium

Phosphorus

Vitamin B12

Vitamin D

Vitamin A

Protein

Potassium

Niacin & Riboflavin

Rethink Your Drink

How Much Added Sugar is Really in Chocolate Milk?

Nutrition Facts	
Serving Size 1 cup (240 ml)	
Servings Per Container	
Amount Per Serving	
Calories	130
Calories from Fat	0
%	
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Polyunsaturated Fat	0g
Monounsaturated Fat	0g
Cholesterol	5mg
Sodium	200mg
Potassium	440mg
Total Carbohydrate	24g
Dietary Fiber	0g
Sugars	22g
Protein	8g
Vitamin A	10%
Calcium	30%
Vitamin D	25%
Folate	2%
Phosphorus	25%
Vitamin C	2%
Iron	2%
Riboflavin	20%
Vitamin B12	15%

* 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.



$$\begin{array}{r} _22_ \text{ total grams of sugar} \\ - _12_ \text{ grams of milk sugar} \\ \hline = _10_ \text{ grams of added sugar} \end{array}$$

