

Think Your Drink

Leader Guide Information for Beverage Cards

The 40 beverage cards represent commonly consumed drinks by a range of children, teens and adults.

Designed to allow all audiences to learn about various beverages, they are ideal for:

- Classroom health lessons
- Classroom use as a way to apply math concepts
- Health/PE lessons for active games
- Individual nutrition counseling

Teach Washington State Health and Physical Education Standards concepts:

- Beverages
- Label literacy
- Caloric intake and expenditure
- High-sugar and high-caffeine drinks
- Choosing healthy beverages

The range of information makes them ideal for teachers, dietitians and health educators to customize learning from simple concepts like teaching teaspoons of added sugar to young children to adapting and encouraging complex and comparative strategies of health with adults and teens.

When using the cards, it is important to know:

- Beverages are represented as you would see them on a store shelf – in realistic sizes. In other words, they are not all eight ounce comparatives. Consumers don't drink just eight ounces at a time; they typically drink the entire container of whichever drink they have selected.
- In some cases, there are two cards for the same drink in different sizes, for example: fortified orange juice 6-ounce box (marketed for kids) and a 12-ounce orange juice in a larger container more typically consumed by adults and not fortified.
- Vitamin D and potassium replace vitamins A and C as listed nutrients on the Nutrition Facts panel for each beverage, as intake of these nutrients is of public health concern. Based on scientific evidence, daily values for some nutrients have changed. Percentages have been rounded up to the nearest whole number.



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 8 oz

Amount per serving

Calories 80

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 105mg 5%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Total Sugars 12g

Includes 0g Added Sugars 0%

Protein 8g 16%

Vitamin D 2.9mcg 15%

Calcium 300mg 23%

Iron 0mg 0%

Potassium 400mg 9%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Fat Free Milk, Vitamin A Palmitate, Vitamin D3.

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

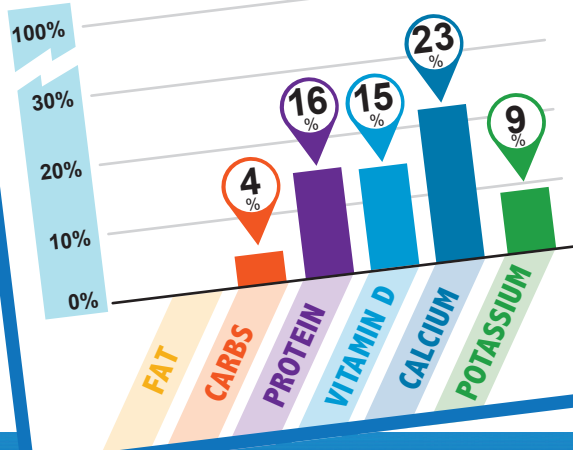
0

ZERO

Fat Free Milk

8 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 8 oz

Amount per serving

Calories 100

% Daily Value *

Total Fat 2.5g **3%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 12mg **4%**

Sodium 105mg **5%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Total Sugars 12g

Includes 0g Added Sugars **0%**

Protein 8g **16%**

Vitamin D 2.9mcg **15%**

Calcium 300mg **23%**

Iron 0mg **0%**

Potassium 400mg **9%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Low Fat Milk, Vitamin A Palmitate, Vitamin D3.

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

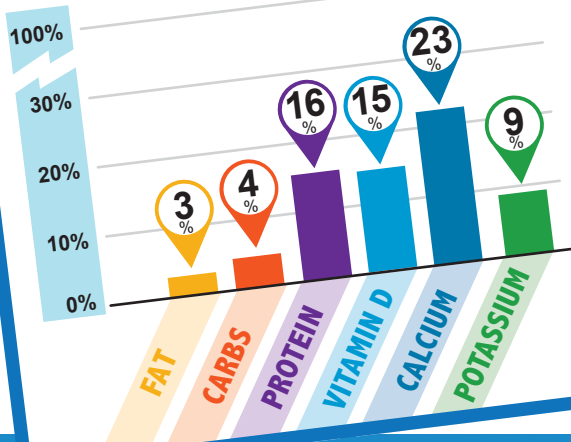
0

ZERO

1% Low Fat Milk

8 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 8 oz

Amount per serving

Calories 125

% Daily Value *

Total Fat 5g **6%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 105mg **5%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Total Sugars 12g

Includes 0g Added Sugars **0%**

Protein 8g **16%**

Vitamin D 2.9mcg **15%**

Calcium 300mg **23%**

Iron 0mg **0%**

Potassium 400mg **9%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3.

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

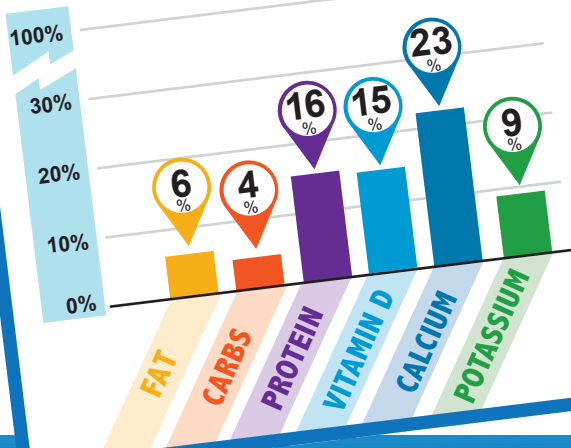
0

ZERO

2% Reduced Fat Milk

8 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 8 oz

Amount per serving

Calories 150

% Daily Value *

Total Fat 8g **10%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 24mg **8%**

Sodium 105mg **5%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Total Sugars 12g

Includes 0g Added Sugars **0%**

Protein 8g **16%**

Vitamin D 3.2mcg **16%**

Calcium 300mg **23%**

Iron 0mg **0%**

Potassium 400mg **9%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Whole Milk, Vitamin D3.

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

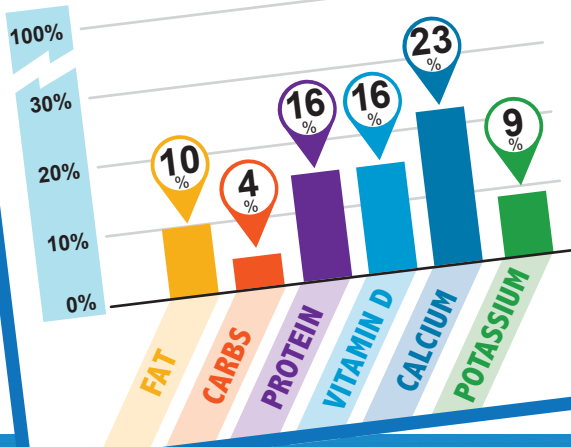
0

ZERO

Whole Milk

8 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 8 oz

Amount per serving

Calories 130

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 210mg 9%

Total Carbohydrate 24g 9%

Dietary Fiber 0g 0%

Total Sugars 24g

Includes 12g Added Sugars 24%

Protein 8g 16%

Vitamin D 2.9mcg 15%

Calcium 300mg 23%

Iron 0mg 0%

Potassium 400mg 9%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

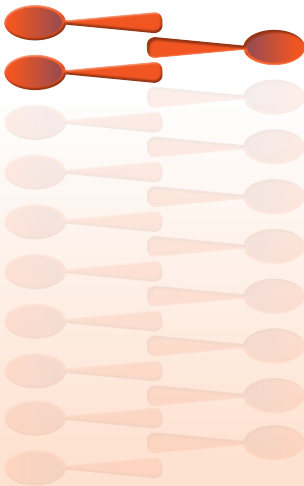
INGREDIENTS:

Fat Free Milk, Sugar, Water, Cocoa, Salt, Guar Gum, Vanilla, Vitamin A Palmitate, Vitamin D3.

1 teaspoon = 4 grams

TEASPOONS OF

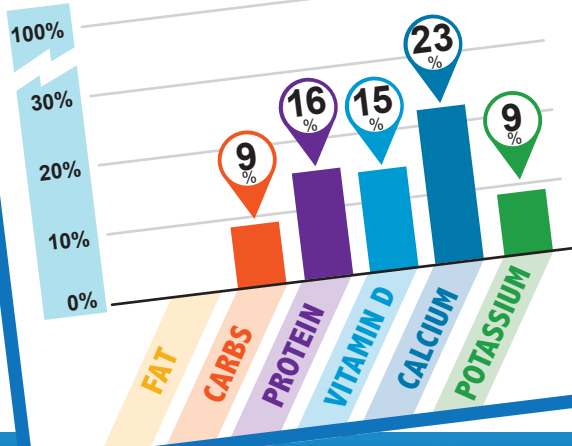
ADDED SUGAR



Chocolate Milk FAT FREE

8 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 8 oz

Amount per serving

Calories 80

% Daily Value *

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 105mg **5%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Total Sugars 12g

Includes 0g Added Sugars **0%**

Protein 8g **16%**

Vitamin D 2.9mcg **15%**

Calcium 300mg **23%**

Iron 0mg **0%**

Potassium 400mg **9%**

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INGREDIENTS:

Fat Free Milk, Lactase Enzyme, Vitamin A Palmitate, Vitamin D3.

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

0

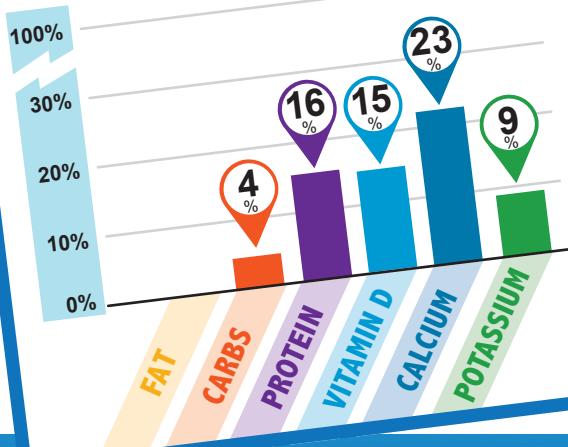
ZERO

Lactose Free Milk

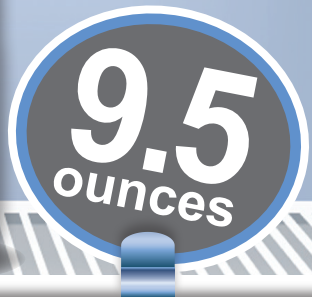
FAT FREE

8 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 9.5 oz

Amount per serving

Calories 190

% Daily Value *

Total Fat 3g **4%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 100mg **4%**

Total Carbohydrate 35g **13%**

Dietary Fiber 0g **0%**

Total Sugars 32g

Includes 24g Added Sugars **48%**

Protein 6g **12%**

Vitamin D 2mcg **10%**

Calcium 230mg **18%**

Iron 0mg **0%**

Potassium 300mg **6%**

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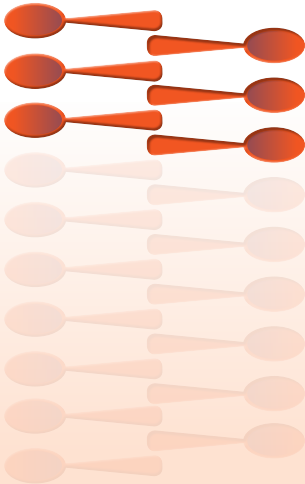
INGREDIENTS:

Milk, Water, Coffee, Sugar, Cocoa, Ascorbic Acid (Vitamin C).

1 teaspoon = 4 grams

TEASPOONS OF

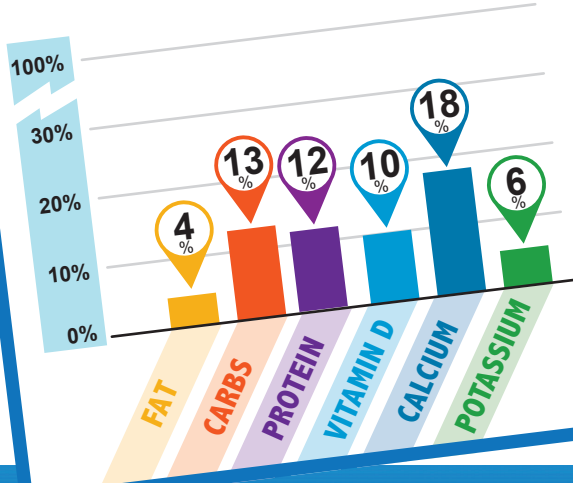
ADDED SUGAR



Bottled Coffee Drink

9.5 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 12 oz

Amount per serving

Calories 165

% Daily Value *

Total Fat 5g 6%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 105mg 5%

Total Carbohydrate 22g 8%

Dietary Fiber 0g 0%

Total Sugars 22g

Includes 10g Added Sugars 20%

Protein 8g 16%

Vitamin D 3mcg 15%

Calcium 300mg 23%

Iron 0mg 0%

Potassium 440mg 9%

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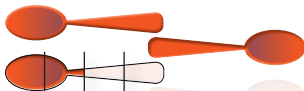
INGREDIENTS:

Milk, Coffee, Sugar, Vanilla Flavor.

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

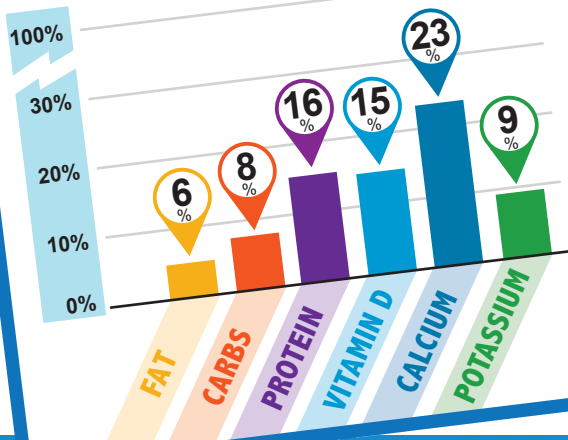


Iced Vanilla Latte

2% MILK

12 ounces

% DAILY VALUE



Think Your Drink



12
ounces

When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 12 oz

Amount per serving

Calories 125

% Daily Value *

Total Fat 5g 6%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 105mg 5%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Total Sugars 12g

Includes 0g Added Sugars 0%

Protein 8g 16%

Vitamin D 3mcg 15%

Calcium 300mg 23%

Iron 0mg 0%

Potassium 440mg 9%

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INGREDIENTS:

Milk, Coffee.

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

0

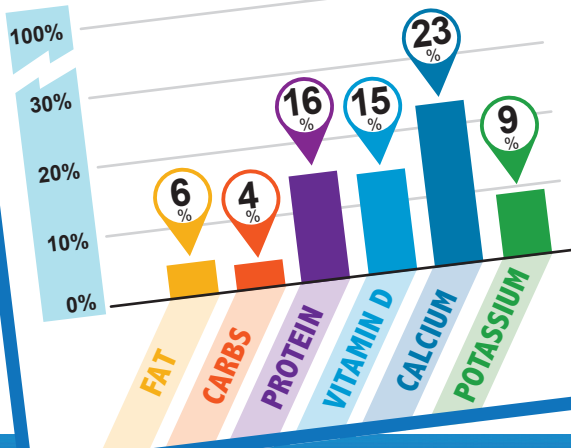
ZERO

Iced Latte

2% MILK, NO SWEETENER

12 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 8 oz

Amount per serving

Calories 150

% Daily Value *

Total Fat 2.5g 3%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 12mg 4%

Sodium 210 mg 9%

Total Carbohydrate 24g 9%

Dietary Fiber 0g 0%

Total Sugars 24g

Includes 12g Added Sugars 24%

Protein 8g 16%

Vitamin D 2.9mcg 15%

Calcium 300mg 23%

Iron 0mg 0%

Potassium 400mg 9%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

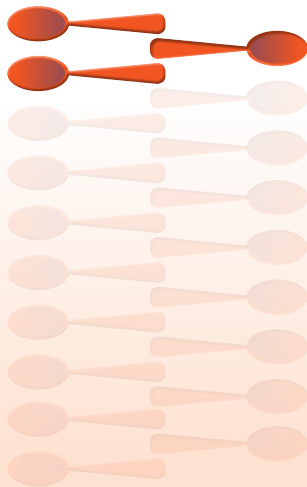
INGREDIENTS:

Low Fat Milk, Sugar, Water, Cocoa, Salt, Guar Gum, Vanilla, Vitamin A Palmitate, Vitamin D3.

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

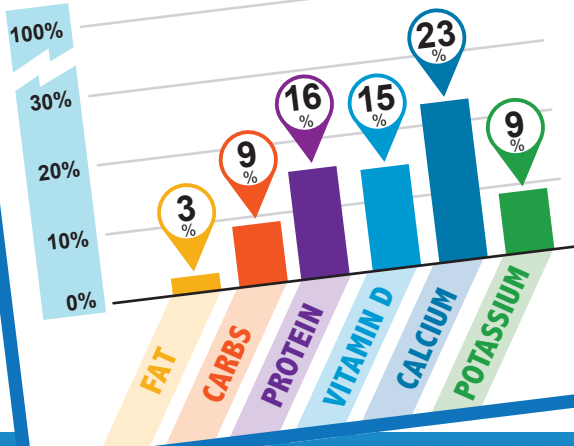


Hot Chocolate Milk

1% MILK

8 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 12 oz

Amount per serving

Calories 170

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 40g 15%

Dietary Fiber 0g 0%

Total Sugars 36g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 40mg 3%

Iron 0mg 0%

Potassium 660mg 14%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Orange Juice.

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

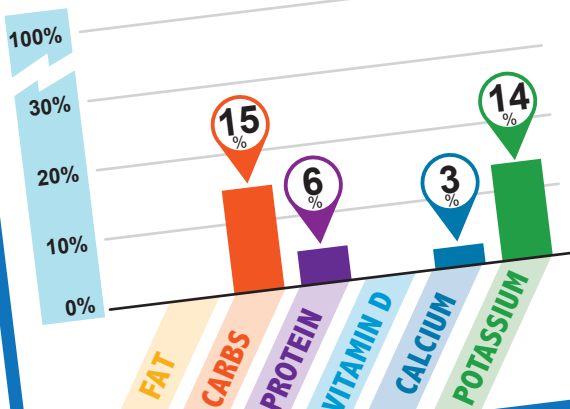
0

ZERO

Orange Juice

12 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 6 oz

Amount per serving

Calories

85

% Daily Value *

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **<1%**

Total Carbohydrate 20g **7%**

Dietary Fiber 0g **0%**

Total Sugars 18g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 2mcg **10%**

Calcium 300mg **23%**

Iron 0mg **0%**

Potassium 330mg **7%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Orange Juice, Water, Calcium Phosphate, Calcium Lactate, Vitamin D3, Ascorbic Acid (Vitamin C), Alpha-tocopheryl Acetate (Vitamin E).

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

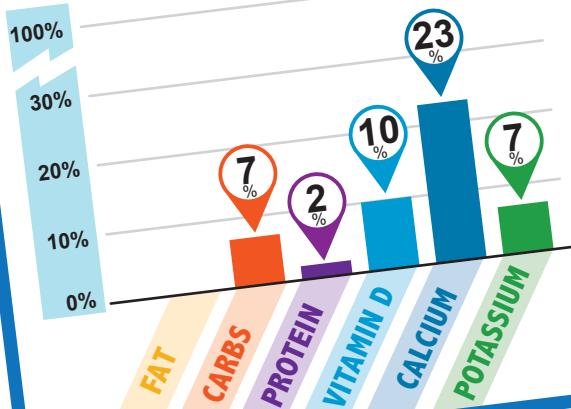
0

ZERO

Orange Juice FORTIFIED

6 ounces

% DAILY VALUE



Think Your Drink



6.75
ounces

When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 6.75 oz

Amount per serving

Calories 100

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg <1%

Total Carbohydrate 25g 9%

Dietary Fiber 0g 0%

Total Sugars 22g

Includes 0g Added Sugars 0%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 240mg 5%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Apple Juice, Ascorbic Acid (Vitamin C).

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

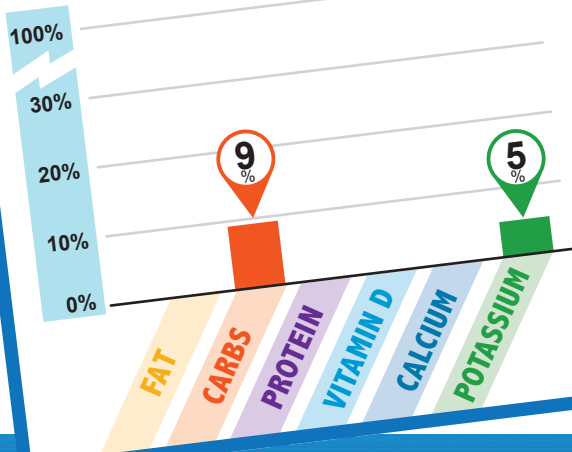
0

ZERO

Apple Juice

6.75 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 12 oz

Amount per serving

Calories

75

% Daily Value *

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 960mg **42%**

Total Carbohydrate 15g **5%**

Dietary Fiber 3g **11%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

Protein 3g **6%**

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 690mg **15%**

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INGREDIENTS:

Vegetable Juice Blend [Tomato, Beets, Carrot, Celery, Parsley, Lettuce, Watercress, Spinach, or Onion], Salt, Vinegar, Ascorbic Acid (Vitamin C), Natural Flavoring, Citric Acid.

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

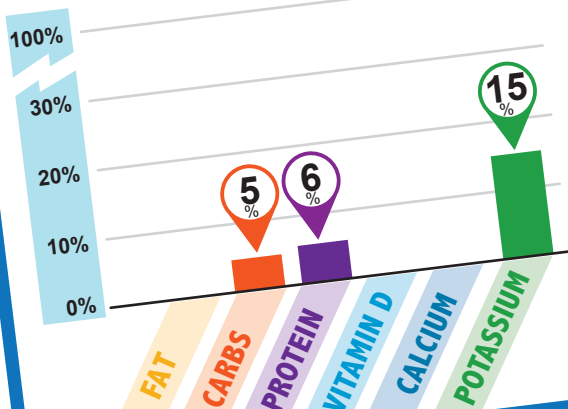
0

ZERO

Vegetable Juice

12
ounces

% DAILY VALUE



Think Your Drink



10
ounces

When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 10 oz

Amount per serving

Calories 140

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 6mg <1%

Total Carbohydrate 35g 13%

Dietary Fiber 0g 0%

Total Sugars 35g

Includes 25g Added Sugars 50%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 55mg 1%

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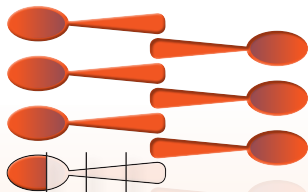
INGREDIENTS:

Water, Concentrated Cranberry Juice, Sugar, Ascorbic Acid (Vitamin C).

1 teaspoon = 4 grams

TEASPOONS OF

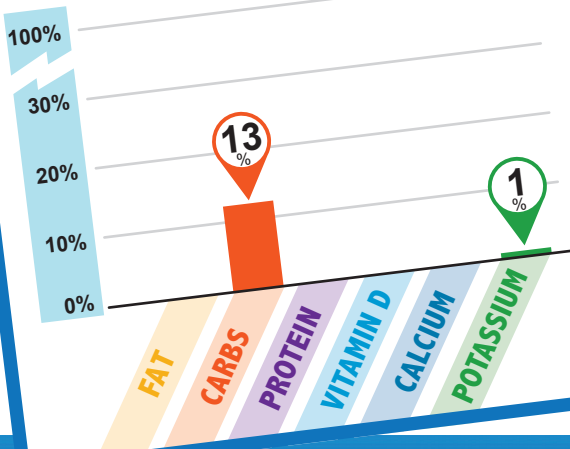
ADDED SUGAR



Cranberry Juice

10 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 6 oz

Amount per serving

Calories

55

% Daily Value *

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **<1%**

Total Carbohydrate 14g **5%**

Dietary Fiber 0g **0%**

Total Sugars 13g

Includes 13g Added Sugars **26%**

Protein 0g **0%**

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 0mg **0%**

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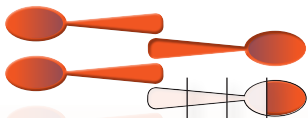
INGREDIENTS:

Water, Sugar, Fruit Juice Concentrate, Citric Acid, Natural Flavor.

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR



Juice Drink

6
ounces

% DAILY VALUE

100%
30%
20%
10%
0%

5
%

FAT

CARBS

PROTEIN

VITAMIN D

CALCIUM

POTASSIUM

Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 8 oz

Amount per serving

Calories

65

% Daily Value *

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 16g **6%**

Dietary Fiber 0g **0%**

Total Sugars 16g

Includes 16g Added Sugars **32%**

Protein 0g **0%**

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 0mg **0%**

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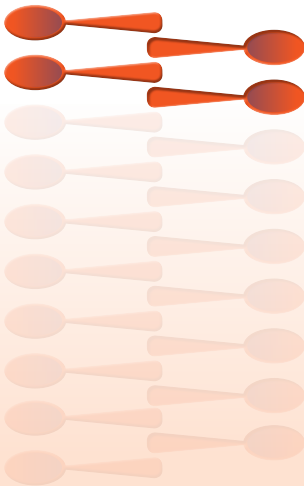
INGREDIENTS:

Water, Sugar, Fructose, Citric Acid, Ascorbic Acid (Vitamin C), Artificial Flavor, Artificial Food Coloring.

1 teaspoon = 4 grams

TEASPOONS OF

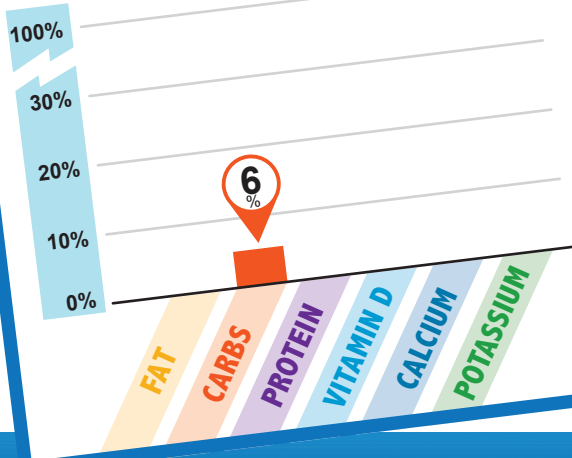
ADDED SUGAR



Flavored Fruit Drink SWEETENED

8
ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 20 oz

Amount per serving

Calories 280

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 80mg 3%

Total Carbohydrate 70g 25%

Dietary Fiber 0g 0%

Total Sugars 67g

Includes 66g Added Sugars 132%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 40mg <1%

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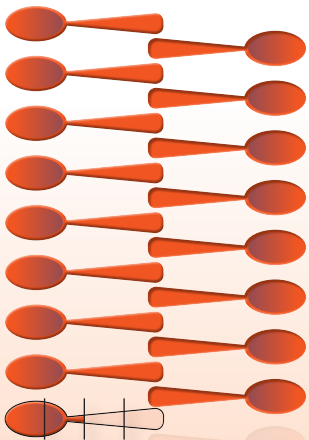
INGREDIENTS:

Water, Sugar, Lemon Juice, Artificial Food Coloring.

1 teaspoon = 4 grams

TEASPOONS OF

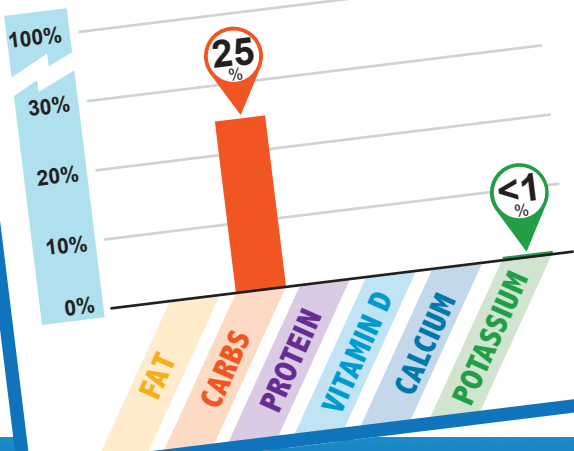
ADDED SUGAR



Lemonade

20 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 12 oz

Amount per serving

Calories

2

% Daily Value *

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **<1%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 0g **0%**

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 125mg **3%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Brewed Coffee.

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

0

ZERO

Black Coffee

12
ounces

% DAILY VALUE

100%

30%

20%

10%

0%

3
%

FAT

CARBS

PROTEIN

VITAMIN D

CALCIUM

POTASSIUM

Think Your Drink



**ANY
SIZE**

When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size

Any Size

Amount per serving

Calories

0

% Daily Value *

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 0g **0%**

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 0mg **0%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Filtered Water.

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

0

ZERO

Water

**ANY
SIZE**

% DAILY VALUE

100%

30%

20%

10%

0%

FAT

CARBS

PROTEIN

VITAMIN D

CALCIUM

POTASSIUM

Think Your Drink



16.9
ounces

When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 16.9 oz

Amount per serving

Calories

90

% Daily Value *

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 22g **8%**

Dietary Fiber 0g **0%**

Total Sugars 22g

Includes 0g Added Sugars **0%**

Protein 0g **0%**

Vitamin D 0mcg **0%**

Calcium 80mg **6%**

Iron 0mg **0%**

Potassium 940mg **20%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Coconut Water.

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

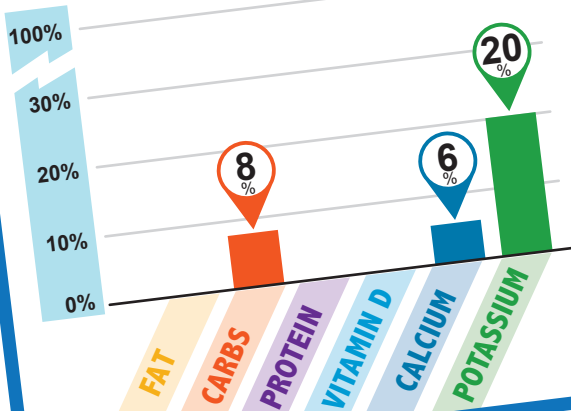
0

ZERO

Coconut Water

16.9
ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 20 oz

Amount per serving

Calories 130

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 33g 12%

Dietary Fiber 0g 0%

Total Sugars 32g

Includes 32g Added Sugars 64%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

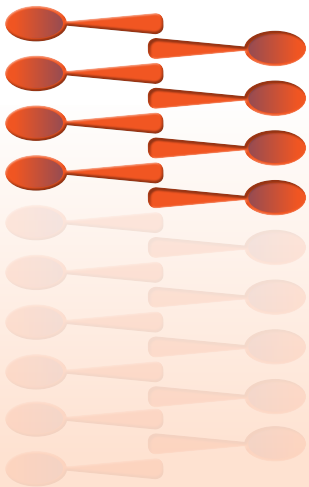
INGREDIENTS:

Water, Sugar, Fructose, Natural Flavor and Juice, Citric Acid, Ascorbic Acid (Vitamin C), Gum Arabic, Ginseng, Niacinamide (Vitamin B3), Magnesium Lactate, Monopotassium Phosphate, Calcium Pantothenate (Vitamin B5), Alpha-tocopherol Acetate (Vitamin E), Pyridoxine Hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12), Beta-apo-8 Carotenol.

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR



Flavored Water WITH VITAMINS ADDED

20 ounces

% DAILY VALUE

100%
30%
20%
10%
0%

12%

FAT

CARBS

PROTEIN

VITAMIN D

CALCIUM

POTASSIUM

Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 23 oz

Amount per serving

Calories 300

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 75g 27%

Dietary Fiber 0g 0%

Total Sugars 72g

Includes 72g Added Sugars 144%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 690mg 15%

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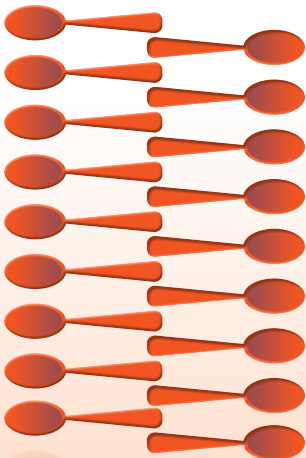
INGREDIENTS:

Brewed Tea, High Fructose Corn Syrup, Citric Acid, Natural Flavor.

1 teaspoon = 4 grams

TEASPOONS OF

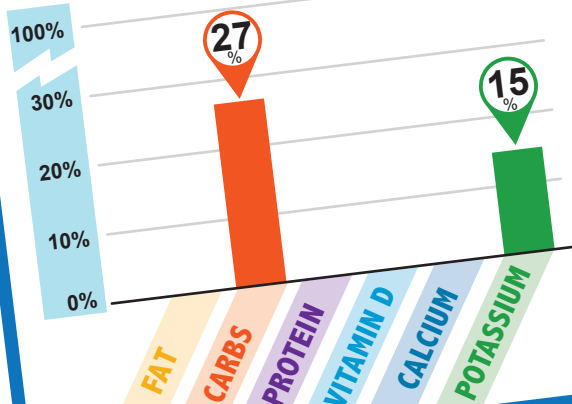
ADDED SUGAR



Iced Tea SWEETENED

23 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 18.5 oz

Amount per serving

Calories

10

% Daily Value *

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **<1%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 0g **0%**

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 0mg **0%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Brewed Tea, Citric Acid, Lemon Flavor.

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

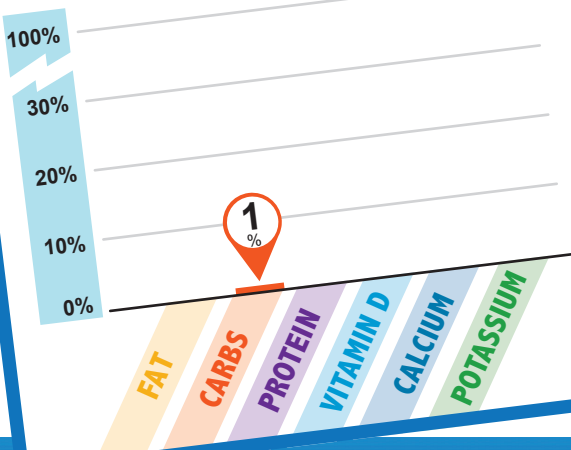
0

ZERO

Iced Tea
UNSWEETENED • WITH LEMON

18.5
ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 16 oz

Amount per serving

Calories 220

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 200mg 9%

Total Carbohydrate 54g 20%

Dietary Fiber 0g 0%

Total Sugars 52g

Includes 52g Added Sugars 104%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

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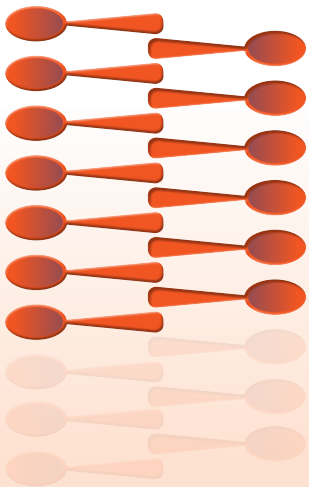
INGREDIENTS:

Carbonated Water, Sugar, Glucose, Citric Acid, Taurine, Sodium Citrate, Caffeine, Natural and Artificial Flavors, Glucuronolactone, Sorbic Acid, Niacinamide (Vitamin B3), Inositol, L-Carnitine, L-Leucine, Guarana, Pyridoxine Hydrochloride, Cyanocobalamin (Vitamin B12), Artificial Food Coloring.

1 teaspoon = 4 grams

TEASPOONS OF

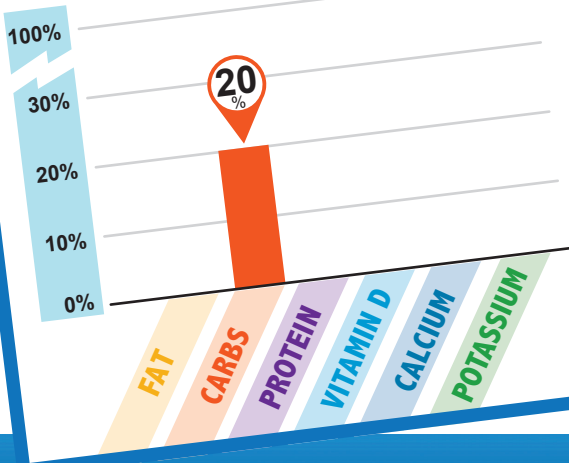
ADDED SUGAR



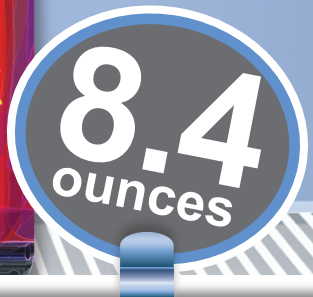
Energy Drink

16 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 8.4 oz

Amount per serving

Calories 110

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 100mg 4%

Total Carbohydrate 28g 10%

Dietary Fiber 0g 0%

Total Sugars 27g

Includes 27g Added Sugars 54%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

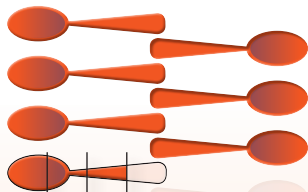
INGREDIENTS:

Carbonated Water, Sugar, Glucose, Citric Acid, Taurine, Sodium Citrate, Caffeine, Natural and Artificial Flavors, Glucuronolactone, Sorbic Acid, Niacinamide (Vitamin B3), Inositol, L-Carnitine, L-Leucine, Guarana, Pyridoxine Hydrochloride, Cyanocobalamin (Vitamin B12), Artificial Food Coloring.

1 teaspoon = 4 grams

TEASPOONS OF

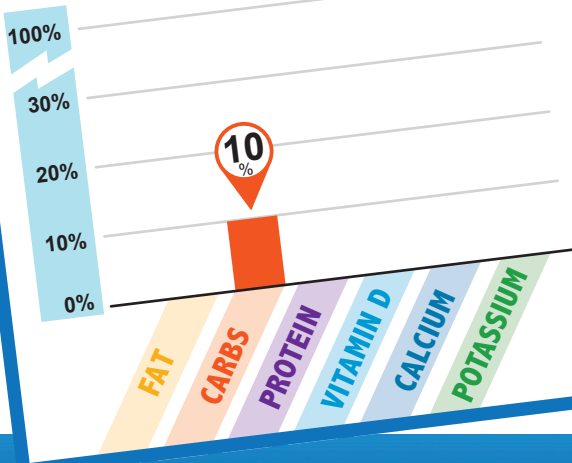
ADDED SUGAR



Energy Drink

8.4 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 20 oz

Amount per serving

Calories

140

% Daily Value *

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 270mg **12%**

Total Carbohydrate 36g **13%**

Dietary Fiber 0g **0%**

Total Sugars 34g

Includes 34g Added Sugars **68%**

Protein 0g **0%**

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 75mg **2%**

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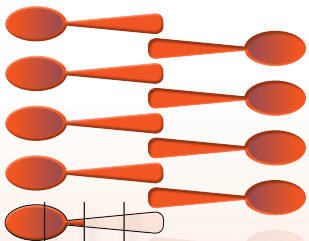
INGREDIENTS:

Water, Sugar, Dextrose, Citric Acid, Salt, Sodium Citrate, Monopotassium Phosphate, Natural Flavor, Modified Food Starch, Sucrose Acetate Isobutyrate, Artificial Food Coloring.

1 teaspoon = 4 grams

TEASPOONS OF

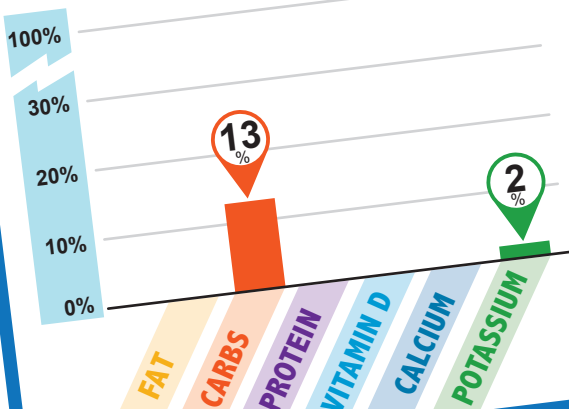
ADDED SUGAR



Sports Drink

20
ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 12 oz

Amount per serving

Calories

90

% Daily Value *

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 22g **8%**

Dietary Fiber 0g **0%**

Total Sugars 21g

Includes 21g Added Sugars **42%**

Protein 0g **0%**

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 45mg **1%**

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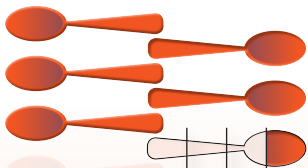
INGREDIENTS:

Water, Sugar, Dextrose, Citric Acid, Salt, Sodium Citrate, Monopotassium Phosphate, Natural Flavor, Modified Food Starch, Sucrose Acetate Isobutyrate, Artificial Food Coloring.

1 teaspoon = 4 grams

TEASPOONS OF

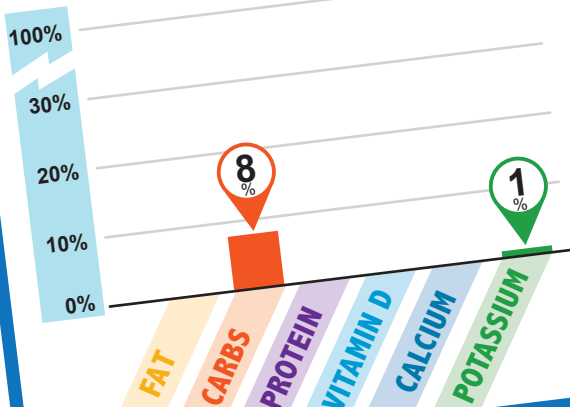
ADDED SUGAR



Sports Drink

12
ounces

% DAILY VALUE



Think Your Drink



20
ounces

When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 20 oz

Amount per serving

Calories 260

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 75mg 3%

Total Carbohydrate 65g 24%

Dietary Fiber 0g 0%

Total Sugars 65g

Includes 65g Added Sugars 130%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

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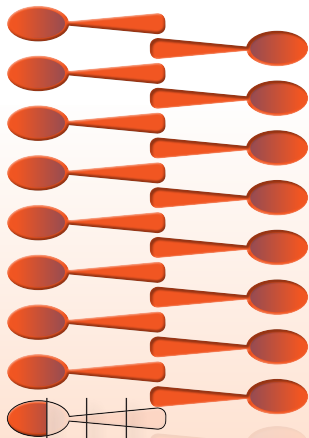
INGREDIENTS:

Carbonated Water, High Fructose Corn Syrup, Sugar, Caramel Color, Phosphoric Acid, Caffeine, Citric Acid, Natural Flavor.

1 teaspoon = 4 grams

TEASPOONS OF

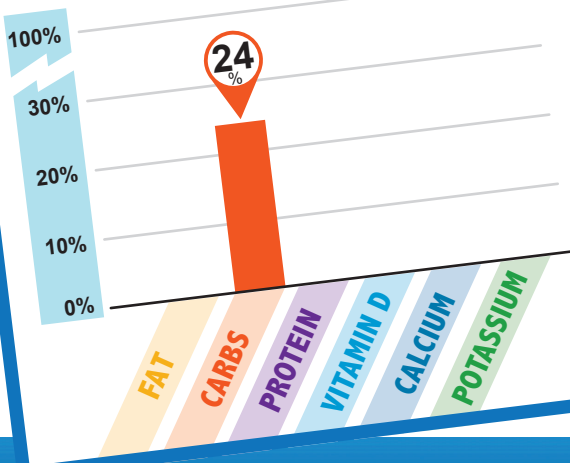
ADDED SUGAR



Cola

20 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 12 oz

Amount per serving

Calories 155

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 45mg 2%

Total Carbohydrate 39g 14%

Dietary Fiber 0g 0%

Total Sugars 39g

Includes 39g Added Sugars 78%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

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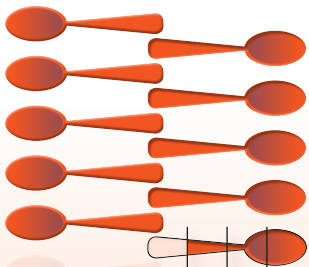
INGREDIENTS:

Carbonated Water, High Fructose Corn Syrup, Sugar, Caramel Color, Phosphoric Acid, Caffeine, Citric Acid, Natural Flavor.

1 teaspoon = 4 grams

TEASPOONS OF

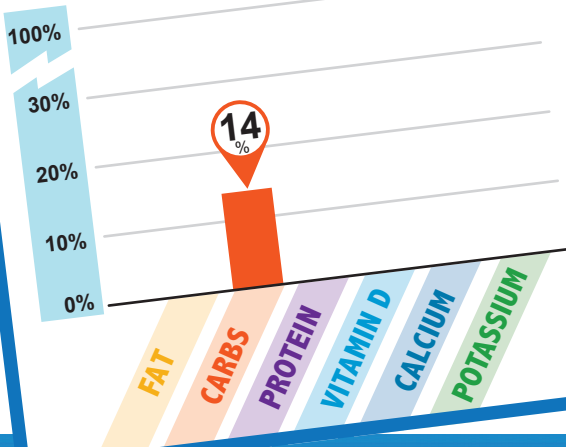
ADDED SUGAR



Cola

12 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 12 oz

Amount per serving

Calories

0

% Daily Value *

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 0g **0%**

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 0mg **0%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Carbonated Water, Caramel Color, Artificial Sweetener [Aspartame, Sucralose, or Acesulfame Potassium], Phosphoric Acid, Potassium Benzoate, Caffeine, Citric Acid, Natural Flavors.

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

0

ZERO

Diet Cola

12
ounces

% DAILY VALUE

100%

30%

20%

10%

0%

FAT

CARBS

PROTEIN

VITAMIN D

CALCIUM

POTASSIUM

Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 8 oz

Amount per serving

Calories

85

% Daily Value *

Total Fat 2.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **7%**

Total Carbohydrate 15g **5%**

Dietary Fiber 1g **4%**

Total Sugars 13g

Includes 13g Added Sugars **26%**

Protein 1g **2%**

Vitamin D 2.5mcg **13%**

Calcium 100mg **8%**

Iron 0.4mg **2%**

Potassium 180mg **4%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

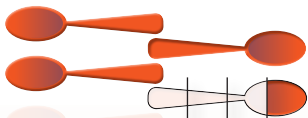
INGREDIENTS:

Water, Almonds, Evaporated Cane Juice, Calcium Phosphate, Sea Salt, Xanthan Gum, Potassium Citrate, Sunflower Lecithin, Vanilla Extract, Vitamin A Palmitate, Ergocalciferol (Vitamin D2), Alpha-tocopherol Acetate (Vitamin E).

1 teaspoon = 4 grams

TEASPOONS OF

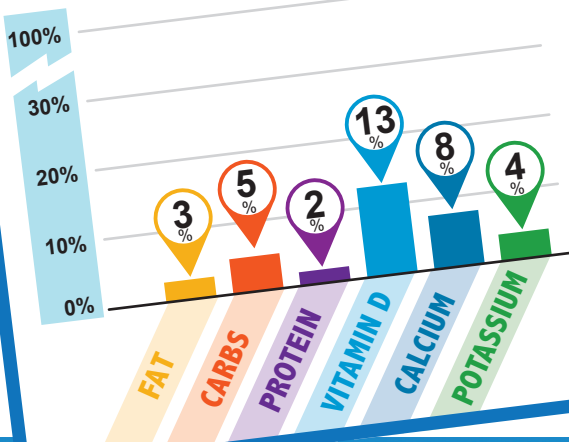
ADDED SUGAR



Almond Beverage VANILLA

8
ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 8 oz

Amount per serving

Calories 60

% Daily Value *

Total Fat 2.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 9g **3%**

Dietary Fiber 1g **4%**

Total Sugars 7g

Includes 7g Added Sugars **14%**

Protein 1g **2%**

Vitamin D 2.5mcg **13%**

Calcium 100mg **8%**

Iron 0.4mg **2%**

Potassium 180mg **4%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

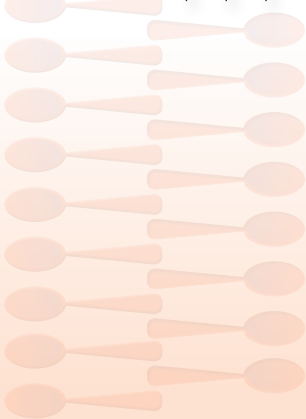
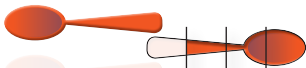
INGREDIENTS:

Water, Almonds, Evaporated Cane Juice, Calcium Phosphate, Sea Salt, Xanthan Gum, Potassium Citrate, Sunflower Lecithin, Vitamin A Palmitate, Ergocalciferol (Vitamin D2), Alpha-tocopherol Acetate (Vitamin E).

1 teaspoon = 4 grams

TEASPOONS OF

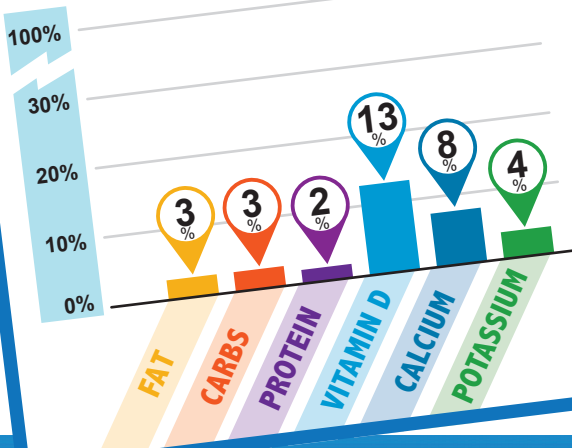
ADDED SUGAR



Almond Beverage ORIGINAL

8 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 8 oz

Amount per serving

Calories

40

% Daily Value *

Total Fat 3g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 2g **<1%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 2.5mcg **13%**

Calcium 100mg **8%**

Iron 0.4mg **2%**

Potassium 65mg **1%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Water, Almonds, Calcium Phosphate, Sea Salt, Xanthan Gum, Potassium Citrate, Sunflower Lecithin, Vitamin A Palmitate, Ergocalciferol (Vitamin D2), Alpha-tocopherol Acetate (Vitamin E).

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

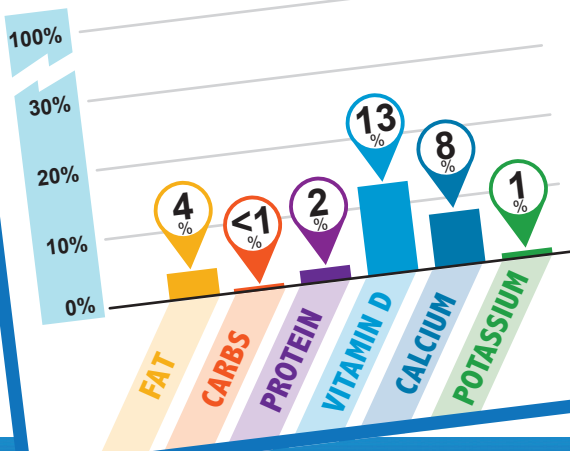
0

ZERO

Almond Beverage UNSWEETENED

8
ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 8 oz

Amount per serving

Calories

80

% Daily Value *

Total Fat 4.5g **6%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **<1%**

Total Carbohydrate 10g **4%**

Dietary Fiber 1g **4%**

Total Sugars 8g

Includes 8g Added Sugars **16%**

Protein 0g **0%**

Vitamin D 3mcg **15%**

Calcium 100mg **8%**

Iron 0mg **0%**

Potassium 40mg **<1%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

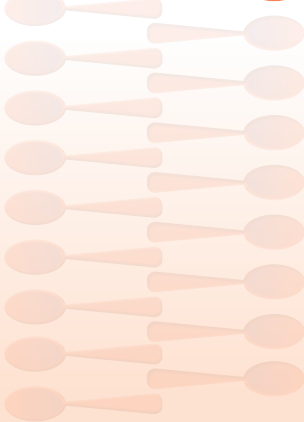
INGREDIENTS:

Water, Coconut Cream, Sugar, Natural Vanilla Flavor, Calcium Phosphate, Guar Gum, Magnesium Phosphate, Xanthan Gum, Vitamin A Palmitate, Ergocalciferol (Vitamin D2), L-selenomethionine (Selenium), Zinc Oxide, Folic Acid, Cyanocobalamin (Vitamin B12).

1 teaspoon = 4 grams

TEASPOONS OF

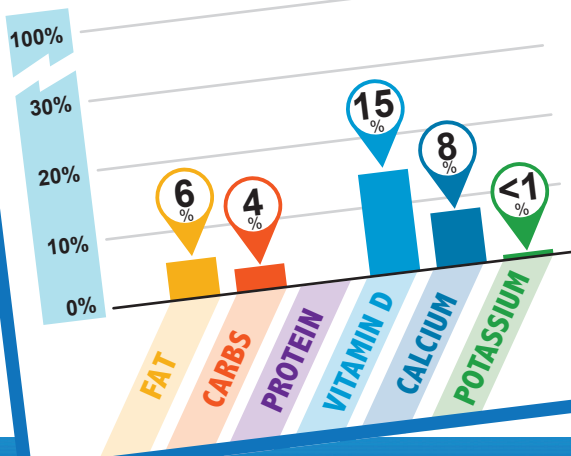
ADDED SUGAR



Coconut Beverage VANILLA

8
ounces

% DAILY VALUE



Think Your Drink



8
ounces

When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 8 oz

Amount per serving

Calories 50

% Daily Value *

Total Fat 4.5g **6%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **<1%**

Total Carbohydrate 2g **<1%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 0g **0%**

Vitamin D 3mcg **15%**

Calcium 100mg **8%**

Iron 0mg **0%**

Potassium 40mg **<1%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Water, Coconut Cream, Calcium Phosphate, Magnesium Phosphate, Guar Gum, Xanthan Gum, Vitamin A Palmitate, Ergocalciferol (Vitamin D2), L-selenomethionine (Selenium), Zinc Oxide, Folic Acid, Cyanocobalamin (Vitamin B12).

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

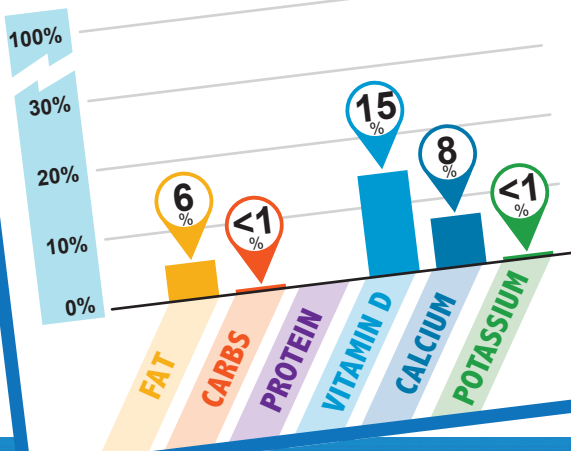
0

ZERO

Coconut Beverage UNSWEETENED

8 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 8 oz

Amount per serving

Calories 115

% Daily Value *

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 105mg 5%

Total Carbohydrate 23g 8%

Dietary Fiber 0g 0%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 1g 2%

Vitamin D 2.5mcg 13%

Calcium 300mg 23%

Iron 0.4mg 2%

Potassium 0mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Water, Brown Rice, Oil [Canola, Safflower Oil or Sunflower], Calcium Phosphate, Vanilla, Sea Salt, Guar Gum, Carageenan, Vitamin A Palmitate, Ergocalciferol (Vitamin D2), Cyanocobalamin (Vitamin B12).

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

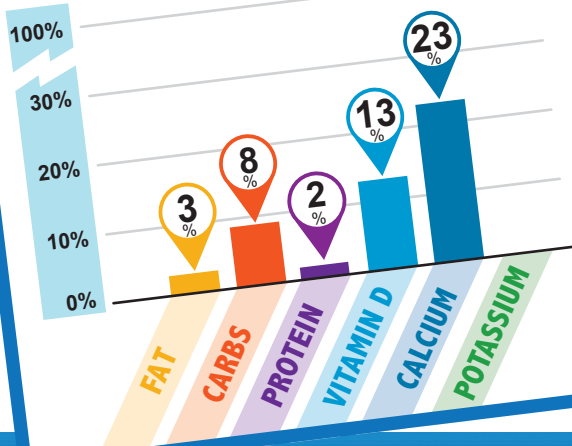
0

ZERO

Rice Beverage VANILLA • ENRICHED

8 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 8 oz

Amount per serving

Calories 115

% Daily Value *

Total Fat 2.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 23g **8%**

Dietary Fiber 0g **0%**

Total Sugars 10g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 0mcg **0%**

Calcium 300mg **23%**

Iron 0.4mg **2%**

Potassium 0mg **0%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Water, Brown Rice, Oil [Canola, Safflower Oil or Sunflower], Tricalcium Phosphate, Natural Flavors, Sea Salt, Guar Gum, Carageenan.

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

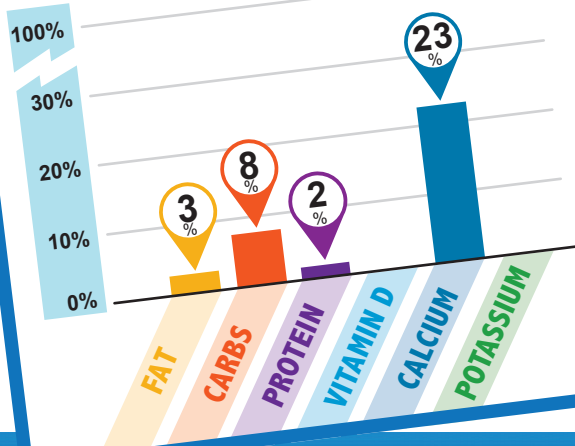
0

ZERO

Rice Beverage ORIGINAL

8 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 8 oz

Amount per serving

Calories 110

% Daily Value *

Total Fat 4g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 95mg **4%**

Total Carbohydrate 11g **4%**

Dietary Fiber 1g **4%**

Total Sugars 7g

Includes 7g Added Sugars **14%**

Protein 7g **14%**

Vitamin D 3mcg **15%**

Calcium 300mg **23%**

Iron 1mg **6%**

Potassium 300mg **6%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

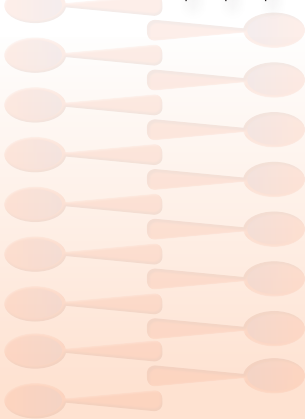
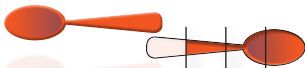
INGREDIENTS:

Water, Whole Soybeans, Sugar, Natural Flavors, Calcium Carbonate, Sea Salt, Vanilla Extract, Carrageenan, Sodium Citrate, Vitamin A Palmitate, Ergocalciferol (Vitamin D2), Alpha-tocopherol Acetate (Vitamin E), Riboflavin (Vitamin B2), Cyanocobalamin (Vitamin B12).

1 teaspoon = 4 grams

TEASPOONS OF

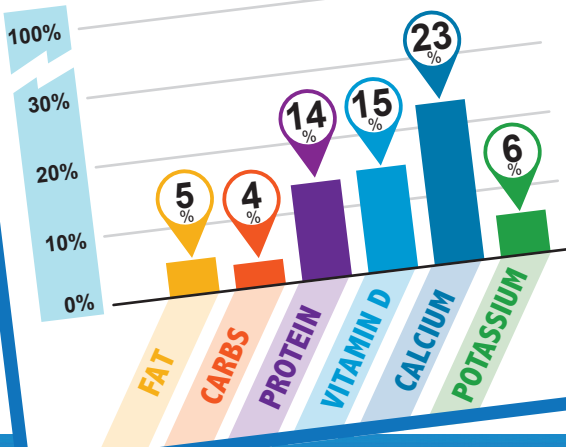
ADDED SUGAR



Soy Beverage VANILLA

8 ounces

% DAILY VALUE



Think Your Drink



When it comes to nutrition, not all drinks are created equal.

Nutrition Facts

1 serving per container

Serving size 8 oz

Amount per serving

Calories 80

% Daily Value *

Total Fat 4g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 85mg **4%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Total Sugars <1g

Includes <1g Added Sugars **0%**

Protein 7g **14%**

Vitamin D 3mcg **15%**

Calcium 300mg **23%**

Iron 1mg **6%**

Potassium 300mg **6%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Water, Whole Soybeans, Calcium Carbonate, Locust Bean Gum, Sea Salt, Natural Flavors, Gellan Gum, Vitamin A Palmitate, Ergocalciferol (Vitamin D2), Riboflavin (Vitamin B2), Cyanocobalamin (Vitamin B12).

1 teaspoon = 4 grams

TEASPOONS OF

ADDED SUGAR

0

ZERO

Soy Beverage UNSWEETENED

8 ounces

% DAILY VALUE

