



THE BEVERAGE

DIRECTIONS:

- Write the name and serving size of the beverages that you have chosen in each of the four boxes.
- Analyze the nutritional content for each of the beverages. Remember, when looking at percent daily values...
 - 5% or less is considered low.
 - 20% or more is considered high.
 - 40 Calories or less per serving is considered low.
 - 100 Calories per serving is considered moderate.
 - 400 Calories or more per serving is considered high.
- Place an "X" in the box to show if the beverage has a high, medium, or low amount.
- Give each beverage a Fuel Up Rating based upon the nutritional content:
 - Five stars means that it is an excellent drink choice for fueling up.
 - One star means that it is a poor choice for fueling up.



BEVERAGE #1

Name _____

Serving Size _____

	low	medium	high
Calories	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protein	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Calcium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sodium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Added Sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin D	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potassium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

RATE ME!!



BEVERAGE #2

Name _____

Serving Size _____

	low	medium	high
Calories	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protein	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Calcium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sodium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Added Sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin D	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potassium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

RATE ME!!



BEVERAGE #3

Name _____

Serving Size _____

	low	medium	high
Calories	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protein	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Calcium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sodium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Added Sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin D	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potassium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

RATE ME!!



BEVERAGE #4

Name _____

Serving Size _____

	low	medium	high
Calories	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protein	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Calcium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sodium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Added Sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin D	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potassium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

RATE ME!!

