



Do **YOU** Need to **Rethink** your **Drink**?

Fat free milk contains **15% DV of protein, 25% DV of Vitamin D, 10% DV of Vitamin A, 30% DV of calcium.** Fat free milk contains only **80 calories per 8 oz and no added sugars.** Now, how do YOUR favorite refreshers add up?



***Note:** % DV stands for % Daily Value. Each beverage is measured per 8 oz serving. *Information taken from USDA Nutrient Analysis Database.



Edward A. Diana, County Executive

Jean M. Hudson, M.D., MPH, Commissioner of Health