Orange 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?

Sweetened Iced Tea

Protein: 0% DV
Vitamin D: 0% DV
Vitamin A: 0% DV
Vitamin C: 0% DV
Calcium: 0% DV

Orange Juice Protein: 4% DV

Vitamin D: 0% DV
Vitamin A: 6% DV
Vitamin C: 160% DV
Calcium: 2% DV
90 kcal; 0g added
sugars

Sports Drink

Protein: 0% DV

sealth

Vitamin D: 0% DV
Vitamin A: 0% DV
Vitamin C: 0% DV
Calcium: 0% DV
60 kcal; 13g added
sugars

Fat Free Milk

Regular Soda

Protein: 0% DV
Vitamin D: 0% DV
Vitamin A: 0% DV
Vitamin C: 0% DV
Calcium: 0% DV
100 kcal; 26g added

Fruit Punch

Protein: 0% DV
Vitamin D: 0% DV
Vitamin A: 0% DV
Vitamin C: 180% DV
Calcium: 0% DV
110 kcal; 15g added
sugars

*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