

RETHINK YOUR DRINK

		Ingredients	No. Servings	Sugar/serving (g)	Carbs/serving (g)	Total Sugar (g)	Total Carbs (g)
1	Vitamin D Milk	Milk, Vitamin D3	2	12	13	24	26
2	Hersheys Strawberry Flavored Milkshake	Reduced fat milk, sugar, modified tapioca starch, natural & artificial flavors, disodium phosphate, guar gum, carrageenan, artificial colors	1	50	56	50	56
3	Donald Duck Orange Juice	Water, Concentrated Orange Juice	2.5	24	27	60	67.5
4	Dasani Purified Water	purified water, magnesium sulfate, potassium chloride, salt	1	0	0	0	0
5	Minute Maid Lemonade	pure filtered water, high fructose corn syrup, lemon juice from concentrate, less than .5% natural flavors, citric acid, modified cornstarch, glycerol ester of rosin, sodium benzoate and potassium sorbate, and calcium disodium EDTA, yellow #5	1	67	70	67	70
6	Coca Cola	water, high fructose corn syrup, caramel color, phosphoric acid, natural flavors, caffeine.	1	52	52	52	52
7	Snapple Peach Tea	filtered water, sugar, citric acid, tea, natural flavors	1	39	40	39	40
8	Gatorade Frost	water, sugar, dextrose, citric acid, natural flavor, salt, sodium citrate, magnesium phosphate, modified food starch, glycerol ester of rosin	2	21	21	42	42
9	Hershey's Chocolate Milk (2% reduced fat)	reduced fat milk, sugar, (contains <1% of the following: cocoa (processed with alkali), cocoa, carrageenan, salt, artificial flavor, Vitamin A Palmitate and Vitamin D3	1	38	41	38	41
10	rain Fresh H2O	Water, Oxygen, Love	2	0	0	0	0

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