RETHINK YOUR DRINK.

For **NUTRITION**, other beverages don't even come close.

% Daily Value	
Calcium	30
Vitamin D	25
Phosphorus	20
Riboflavin	20
Protein	16
Vitamin B-12	13
Potassium	11
Vitamin A	10
Niacin	10
Vitamin C	4

Sugar **12 g**

Calories 85

Serving Size = 8 ounces

% Daily Value	
Calcium	30
Vitamin D	25
Phosphorus	20
Riboflavin	20
Protein	16
Vitamin B-12	13
Potassium	11
Vitamin A	10
Niacin	10
Vitamin C	4

Sugar **24 g**
(Includes 2.8 tsp added sugar)

Calories 135

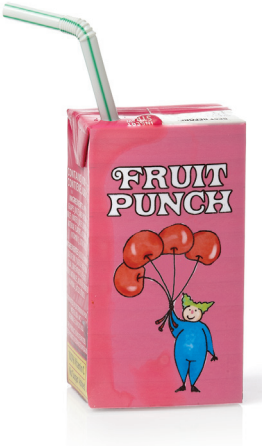
Serving Size = 8 ounces

% Daily Value	
Calcium	2
Vitamin D	0
Phosphorus	4
Riboflavin	6
Protein	2
Vitamin B-12	0
Potassium	12
Vitamin A	0
Niacin	2
Vitamin C	140

Sugar **21 g**

Calories 120

Serving Size = 8 ounces



% Daily Value	
Calcium	2
Vitamin D	0
Phosphorus	0
Riboflavin	2
Protein	0
Vitamin B-12	0
Potassium	2
Vitamin A	0
Niacin	0
Vitamin C	2

Sugar **28 g**
(Includes 6.7 tsp added sugar)

Calories 120

Serving Size = 8 ounces

% Daily Value	
Calcium	0
Vitamin D	0
Phosphorus	10
Riboflavin	0
Protein	0
Vitamin B-12	0
Potassium	2
Vitamin A	0
Niacin	0
Vitamin C	0

Sugar **32 g**
(Includes 7.6 tsp added sugar)

Calories 130

Serving Size = 12 ounces

% Daily Value	
Calcium	0
Vitamin D	0
Phosphorus	0
Riboflavin	0
Protein	0
Vitamin B-12	0
Potassium	0
Vitamin A	0
Niacin	0
Vitamin C	0

Sugar **0 g**

Calories 0

Serving Size = 8 ounces

% Daily Value	
Calcium	0
Vitamin D	0
Phosphorus	0
Riboflavin	0
Protein	0
Vitamin B-12	80
Potassium	2
Vitamin A	0
Niacin	30
Vitamin C	2

Sugar **22 g**
(Includes 5.3 tsp added sugar)

Calories 120

Serving Size = 12 ounces

% Daily Value	
Calcium	0
Vitamin D	0
Phosphorus	4
Riboflavin	0
Protein	0
Vitamin B-12	0
Potassium	0
Vitamin A	0
Niacin	0
Vitamin C	0

Sugar **33 g**
(Includes 7.9 tsp added sugar)

Calories 140

Serving Size = 12 ounces

% Daily Value	
Calcium	0
Vitamin D	0
Phosphorus	4
Riboflavin	0
Protein	0
Vitamin B-12	0
Potassium	0
Vitamin A	0
Niacin	0
Vitamin C	0

Sugar **0 g**

Calories 0

Serving Size = 12 ounces

USDA National Nutrient Database for Standard Reference, Release 23. The sugar and calorie data for fat free white and chocolate milk are representative of milk available in 2010-2011 school year – MilkPEP School Channel Survey. % Daily Values are based on a 2,000 calorie diet.