



### Milk - Skim

Nutrition Facts	
Serving Size 8 fl oz (245g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 0
%Daily Value*	
<b>Total Fat</b> 0g	0 %
Saturated Fat 0g	0 %
TransFat 0g	0 %
<b>Cholesterol</b> < 5mg	0 %
<b>Sodium</b> 130mg	5 %
<b>Total Carbohydrate</b> 12g	4 %
Dietary Fiber 0g	0 %
Sugars 12g	
<b>Protein</b> 8g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

### Milk 1% Chocolate

Nutrition Facts	
Serving Size 8 fl oz (245g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 20
%Daily Value*	
<b>Total Fat</b> 2.5g	4 %
Saturated Fat 1.5g	8 %
TransFat 0g	0 %
<b>Cholesterol</b> 5mg	2 %
<b>Sodium</b> 190mg	8 %
<b>Total Carbohydrate</b> 29g	10 %
Dietary Fiber 1g	5 %
Sugars 27g	
<b>Protein</b> 8g	
Vitamin A 10%	Vitamin C 6%
Calcium 30%	Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

### Milk 2%

Nutrition Facts	
Serving Size 8 fl oz (245g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 45
%Daily Value*	
<b>Total Fat</b> 5g	8 %
Saturated Fat 3g	15 %
TransFat 0g	0 %
<b>Cholesterol</b> 20mg	7 %
<b>Sodium</b> 125mg	5 %
<b>Total Carbohydrate</b> 13g	4 %
Dietary Fiber 0g	0 %
Sugars 12g	
<b>Protein</b> 8g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

### Milk Whole

Nutrition Facts	
Serving Size 8 fl oz (245g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 70
%Daily Value*	
<b>Total Fat</b> 8g	12 %
Saturated Fat 5g	25 %
TransFat 0g	0 %
<b>Cholesterol</b> 35mg	11 %
<b>Sodium</b> 125mg	5 %
<b>Total Carbohydrate</b> 12g	4 %
Dietary Fiber 0g	0 %
Sugars 12g	
<b>Protein</b> 8g	
Vitamin A 6%	Vitamin C 4%
Calcium 30%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

### Bottled Water

Nutrition Facts	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2.5	
Amount Per Serving	
<b>Calories</b> 0	Calories from Fat 0
%Daily Value*	
<b>Total Fat</b> 0g	0 %
<b>Sodium</b> 0mg	0 %
<b>Total Carbohydrate</b> 0g	0 %
Sugars 0g	
<b>Protein</b> 0g	

\* Percent Daily Values are based on a 2,000 calorie diet.

### Sports Drink

Nutrition Facts	
Serving Size 1 pouch (200mL)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories</b> 60	
%Daily Value*	
<b>Total Fat</b> 0g	4 %
<b>Sodium</b> 55mg	2 %
<b>Potassium</b> 30mg	1 %
<b>Total Carbohydrate</b> 16g	5 %
Sugars 16g	
<b>Protein</b> 0g	

Not a significant source of Calories from Fat, Saturated Fat, Trans Fat, Cholesterol, Dietary Fiber, Vitamin A, Vitamin C, Calcium and Iron.

\* Percent Daily Values are based on a 2,000 calorie diet.

### Orange Soda

Nutrition Facts	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2.5	
Amount Per Serving	
<b>Calories</b> 130	
%Daily Value*	
<b>Total Fat</b> 0g	0 %
<b>Sodium</b> 30mg	1 %
<b>Total Carbohydrate</b> 35g	12 %
Sugars 35g	
<b>Protein</b> 0g	

\* Percent Daily Values are based on a 2,000 calorie diet.

### Fitness Water

Nutrition Facts	
Serving Size 1 Bottle (355mL)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 15	
%Daily Value*	
<b>Total Fat</b> 0g	0 %
<b>Sodium</b> 50mg	2 %
<b>Total Carbohydrate</b> 4g	1 %
Sugars 3g	
<b>Protein</b> 0g	

Not a significant source of Calories from Fat, Saturated Fat, Trans Fat, Cholesterol, Dietary Fiber, Vitamin A, Vitamin C, Calcium and Iron.

\* Percent Daily Values are based on a 2,000 calorie diet.