

# Nutritional Benefits of Milk

## III. COMPARE MILK TO OTHER BEVERAGES (CONT.)

### REGULAR WHITE, WHOLE MILK

Nutrition Facts	
Serving size – three cups (24 oz)	
Amount Per Serving	
Calories 110	
% Daily Value*	
Calcium	30%
Phosphorus	20%
Riboflavin	20%
Protein	16%
Vitamin A 10%	
Vitamin B-12 13%	
Vitamin D 25%	
Potassium 11%	
Niacin 10%	

### 100% ORANGE JUICE

Nutrition Facts	
Serving Size – one cup (8 oz)	
Amount Per Serving	
Calories 110	
% Daily Value*	
Total Fat 0g	0%
Total Carbohydrate 25g	8%
6 tsp added sugar	
Protein 0g	0%
Vitamin A 0% • Vitamin C 143%	
Vitamin D 0% • Calcium 2%	

### FRUIT PUNCH

Nutrition Facts	
Serving Size – one cup (8 oz)	
Amount Per Serving	
Calories 120	
% Daily Value*	
Total Fat 0g	0%
Total Carbohydrate 30g	10%
7 tsp added sugar	
Protein 0g	0%
Vitamin A 0% • Vitamin C 0%	
Vitamin D 0% • Calcium 2%	

Source: Washington State Dairy Council, 2006. "Think Your Drink!"

### BOTTLED WATER

Nutrition Facts	
Serving Size – one cup (8 oz)	
Amount Per Serving	
Calories 0	
% Daily Value*	
Total Fat 0g	0%
Total Carbohydrate 0g	10%
0 tsp added sugar	
Protein 0g	0%
Vitamin A 0% • Vitamin C 0%	
Vitamin D 0% • Calcium 0%	

Source: Washington State Dairy Council, 2006. "Think Your Drink!"

### SPORTS DRINK

Nutrition Facts	
Serving Size – one cup (8 oz)	
Amount Per Serving	
Calories 66	
% Daily Value*	
Total Fat 0g	0%
Total Carbohydrate 16g	5%
3.5 tsp added sugar	
Protein 0g	0%
Vitamin A 0% • Vitamin C 2%	
Vitamin D 0% • Calcium 2%	

Source: Washington State Dairy Council, 2006. "Think Your Drink!"



Milk. A part of everything that's good.