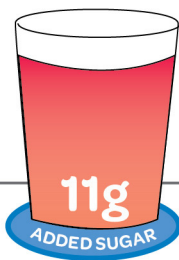


# Added Sugars and Nutrition in Beverages: Finding the Best Balance for Kids



Orange Juice

Potassium  
Vitamin C  
Vitamin A  
Thiamin  
Folate



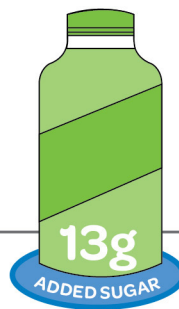
Fruit Punch

Manganese

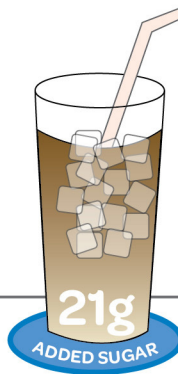


FLAVORED MILK  
(low-fat)

Protein  
Calcium  
Vitamin D  
Potassium  
Vitamin A  
Vitamin B12  
Riboflavin  
Niacin  
(Niacin equivalents)  
Phosphorus

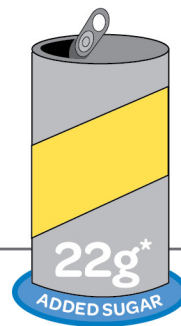


Sports Drinks



Iced Tea  
(Sweetened)

Manganese



Soft Drink

Flavored Milk contributes **only 3% of the total added sugars\*\***  
in childrens' diets, and provides 9 essential nutrients, making  
it a better choice than many other beverages.

\* Sources: USDA Nutrient Database for Standard Reference, Release 23, September 2010  
USDA Database for the Added Sugars Content of Selected Foods, Release 1, February 2006

\*\* Source: Dairy Research Institute™, NHANES (2003-2006), Ages 2-18 years. Data Source: Centers for Disease Control and Prevention (CDC), National Center for Health Statistics, National Health and Nutrition Examination Survey, Hyattsville, MD: US Dept. of Health and Human Services, CDC, [2003-2004; 2005-2006]

Serving Size = 8 fluid ounces

Provides 10% or more of the Daily Value of each nutrient per serving.

For illustration purposes only.  
Individual products may vary.