

Beverage List  
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Beverage	Serving	Calories	Fat (g)	Protein (g)	Vitamin C (%)	Calcium (%)
Water	1 cup (8 oz)	0	0	0	0	0
100% Juice	1 cup (8 oz)	120	0	2	130	35
Skim Milk	1 cup (8 oz)	90	0	8	4	39
Sugar-Free Powdered Drink	1 cup (8 oz)	5	0	0	10	5
Unsweetened Ice Tea	1 cup (8 oz)	0	0	0	0	0
Diet Soda	12 oz	0	0	0	0	0
1% Milk	1 cup (8 oz)	120	3	8	4	39
Flavored Milk	1 cup (8 oz)	175	3	8	4	32
Fruit Drink in a Pouch	6 oz	100	0	0	5	0
Sports Drinks	1 cup (8 oz)	50	0	0	100	0
Fruit Drink	1 cup (8 oz)	140	0	0	103	0
Fruit Punch	1 cup (8 oz)	120	0	0	122	2
Juice from Concentrate	1 cup (8 oz)	120	0	1	120	2
Lemonade	1 cup (8 oz)	130	0	0	20	1
Soda	12 oz	140	0	0	0	0
Sweetened Ice Tea	12 oz	130	0	0	0	0
2% Milk	1 cup (8 oz)	120	5	8	4	39
Whole Milk	1 cup (8 oz)	150	8	8	4	39