Water

Nutrition Facts
Serving Size 20 fl oz (591 mL)
Servings Per Container 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>0</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>0%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>0g</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
</tr>
<tr>
<td>Protein</td>
<td>0g</td>
</tr>
</tbody>
</table>

Not a significant source of other nutrients.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: PURIFIED WATER

This material was produced by the California Department of Public Health’s Network for a Healthy California with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

Adapted from the California WIC Program.
Nutrition Facts

Serving Size 8 fl oz (240 mL)
Servings Per Container 2

Amount Per Serving

Calories 130
Calories from Fat 20

% Daily Value*

Total Fat 2.5g
  4%
Saturated Fat 1.5g
  8%
Trans Fat 0g
Cholesterol 15mg
  5%
Sodium 160mg
  7%
Total Carbohydrate 16g
  5%
Dietary Fiber 0g
  0%
Sugars 15g

Protein 11g
  22%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: LOWFAT MILK, FAT FREE MILK, VITAMIN A PALMITATE, VITAMIN D3.

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Adapted from the California WIC Program.
Vitamin-added Water

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 8 fl oz (240 mL)</th>
<th>Servings Per Container 2.5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories 50</td>
<td>Calories from Fat 0</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrates 13g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars 13g</td>
<td></td>
</tr>
<tr>
<td>Protein 0g</td>
<td></td>
</tr>
<tr>
<td>Vitamin C 50%</td>
<td></td>
</tr>
<tr>
<td>Vitamin B3 10%</td>
<td></td>
</tr>
<tr>
<td>Vitamin B6 10%</td>
<td></td>
</tr>
<tr>
<td>Vitamin B12 4%</td>
<td></td>
</tr>
<tr>
<td>Vitamin B5 10%</td>
<td></td>
</tr>
<tr>
<td>Zinc 5%</td>
<td></td>
</tr>
</tbody>
</table>

Contains less than 1% juice. Not a significant source of calories from saturated fat, cholesterol, dietary fiber, vitamin A, calcium and iron.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: WATER, CRYSTALLINE FRUCTOSE, CITRIC ACID, VEGETABLE JUICE (COLOR), NATURAL FLAVOR, ASCORBIC ACID (VITAMIN C), VITAMIN E ACETATE, MAGNESIUM LACTATE (ELECTROLYTE), CALCIUM LACTATE (ELECTROLYTE), ZINC PICOLINATE, MONOPOTASSIUM PHOSPHATE (ELECTROLYTE), NIACIN (B3), PANTOTHENIC ACID (B5), PYRIDOXINE HYDROCHLORIDE (B6), CYANOCOBALAMINE (B12).

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Sweetened Tea

100% Natural

SWEETENED TEA

LEMON
with other natural flavors

20 FL OZ (1.25 PT) 531 mL

Nutrition Facts

Serving Size 8 fl oz (240 mL)
Servings Per Container 2.5

Amount Per Serving
Calories 85
Calories from Fat 0

Total Fat 0g
0%
Sodium 30mg
1%
Total Carbohydrates 23g
8%
Sugar 23g

Protein 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 (DV) are based on a 2,000 calorie diet.

INGREDIENTS: FILTERED WATER, SUGAR, CITRIC ACID, TEA, NATURAL FLAVORS.

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Adapted from the California WIC Program.
Fruit-flavored Soda

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 8 fl oz (240 mL)</th>
<th>Servings Per Container about 1.5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>110</td>
</tr>
<tr>
<td>% Daily Value</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>25mg</td>
</tr>
<tr>
<td>Total Carb.</td>
<td>28g</td>
</tr>
<tr>
<td>Sugars</td>
<td>28g</td>
</tr>
<tr>
<td>Protein</td>
<td>0g</td>
</tr>
</tbody>
</table>

Not a significant source of calories from fat, saturated fat, trans fat, dietary fiber, vitamin A, vitamin C, calcium and iron.

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

INGREDIENTS: CARBONATED WATER (WATER, CARBON DIOXIDE), NATURAL SUGAR, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS AND RED COLORING.

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Adapted from the California WIC Program.
Fruit Nectar

Nutrition Facts

Serving Size 1 Can – 11.5 fl oz (340 mL)

Amount Per Serving

Calories 196
Calories from Fat 0

% Daily Value*

Total Fat 0g 0%
Sodium 50mg 2%
Total Carbohydrates 49g 16%
Sugars 45g
Protein 0g

Vitamin C 100%

Contains 20% juice.

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium and iron.

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

INGREDIENTS: WATER, HIGH FRUCTOSE CORN SYRUP, FRUIT PUREE CONCENTRATE, APPLE JUICE CONCENTRATE, CITRIC ACID, ASCORBIC ACID (VITAMIN C).

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Adapted from the California WIC Program.

KIT-669/Ver. 06/12
Energy Drink

Nutrition Facts

Serving Size 8 fl oz (240 mL)
Servings Per Container 2

Amount Per Serving
Calories 120
Calories from Fat 0

% Daily Value*
Total Carbohydrates 30g 10%
Sugars 30g
Riboflavin Vit B2 1.7mg 100%
Niacin Vit B3 20mg 100%
Vitamin B6 2mg 100%
Vitamin B12 6mcg 100%
Sodium 180mg 8%
Taurine 1000mg ✩
Ginseng 200mcg ✩
Energy Blend 2500 mg ✩
L-Carnitine, Glucose, Caffeine, Inositol,
Glucuronolactone, Maltodextrin

*Percent Daily Values (DV) are based on a 2,000 calorie diet. † Daily Value not established.

INGREDIENTS: CARBONATED WATER,
GLUCOSE, CITRIC ACID, NATURAL FLAVORS,
TAURINE, SODIUM CITRATE, PANAX
GINSENG ROOT EXTRACT, L-CARNITINE,
CAFFEINE, NIACINAMIDE, SODIUM CHLORIDE,
GLUCURONOLACTONE, INOSITOL, PYRIDOXINE
HYDROCHLORIDE, SUCRALOSE, RIBOFLAVIN,
MALTODEXTRIN, CYANOCOBALAMIN.

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Adapted from the California WIC Program.
Sports Drink

Nutrition Facts
Serving Size 8 fl oz (240 mL)
Servings Per Container 2.5

Amount Per Serving
Calories 50
Calories from Fat 0

% Daily Value*
Total Fat 0g 0%
Sodium 110mg 4%
Potassium 30mg 1%
Total Carbohydrates 14g 5%
Sugars 14g
Protein 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 (DV) are based on a 2,000 calorie diet.

INGREDIENTS: WATER, SUCROSE, DEXTROSE, CITRIC ACID, NATURAL FLAVOR, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, BLUE COLORING, GLYCEROL ESTER OF ROsin, CARAMEL COLOR.

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Adapted from the California WIC Program.
Soda

Nutrition Facts

Serving Size 1 bottle – 20 fl oz (591 mL)

Amount Per Serving

Calories 227
Calories from Fat 0

% Daily Value*

Total Fat 0g 0%
Sodium 25mg 1%
Total Carbohydrate 59g 20%
Sugars 55g
Protein 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 (DV) are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.

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Adapted from the California WIC Program.
Soda

Nutrition Facts
Serving Size 1 can – 12 fl oz (360 mL)

Amount Per Serving

Calories 136
Calories from Fat 0

% Daily Value*

Total Fat 0g 0%
Sodium 15mg 0%
Total Carbohydrates 35g 11%
Sugars 33g
Protein 0g

Not a significant source of fat calories, saturated fat, trans fat, cholesterol, fiber, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.

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Adapted from the California WIC Program.

KIT-669/Ver. 06/12
Instructor Tips for Drink Label Cards

1. Display Drink Label Cards with sugar cubes representing the teaspoons of sugar in each container. Display should also include general MyPlate messaging on total diet (consider *MyPlate 10 Tips to a Great Plate*).

2. Note that the walking time needed to burn off the sugary drink is in addition to the daily activity necessary for weight maintenance.

3. Discuss the benefits of the nutrients in milk and 100% juice.

<table>
<thead>
<tr>
<th>Drink</th>
<th>Container Size</th>
<th>Sugar Type</th>
<th>Calories per Container</th>
<th>Teaspoons (tsp) of Sugar per Container</th>
<th>Walking Time to Burn Off the Drink^1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>20 fl. oz. bottle</td>
<td>Sugar-Free</td>
<td>0 calories</td>
<td>0 tsp.</td>
<td>0 minutes</td>
</tr>
<tr>
<td>1% Milk</td>
<td>16 fl. oz. bottle</td>
<td>Natural Sugar</td>
<td>260 calories</td>
<td>8 tsp.</td>
<td>56 minutes</td>
</tr>
<tr>
<td>100% Orange Juice</td>
<td>16 fl. oz. bottle</td>
<td>Natural Sugar</td>
<td>244 calories</td>
<td>11 tsp.</td>
<td>53 minutes</td>
</tr>
<tr>
<td>Soda</td>
<td>12 fl. oz. can</td>
<td>Added Sugar</td>
<td>136 calories</td>
<td>8 tsp.</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Soda</td>
<td>20 fl. oz. bottle</td>
<td>Added Sugar</td>
<td>227 calories</td>
<td>14 tsp.</td>
<td>49 minutes</td>
</tr>
<tr>
<td>Sports Drink</td>
<td>20 fl. oz. bottle</td>
<td>Added Sugar</td>
<td>125 calories</td>
<td>9 tsp.</td>
<td>27 minutes</td>
</tr>
<tr>
<td>Energy Drink</td>
<td>16 fl. oz. can</td>
<td>Added Sugar</td>
<td>240 calories</td>
<td>15 tsp.</td>
<td>52 minutes</td>
</tr>
<tr>
<td>Sweetened Tea</td>
<td>20 fl. oz. bottle</td>
<td>Added Sugar</td>
<td>213 calories</td>
<td>14 tsp.</td>
<td>46 minutes</td>
</tr>
<tr>
<td>Fruit-flavored Soda</td>
<td>12.5 fl. oz. bottle</td>
<td>Added Sugar</td>
<td>165 calories</td>
<td>11 tsp.</td>
<td>36 minutes</td>
</tr>
<tr>
<td>Juice Drink</td>
<td>20 fl. oz. bottle</td>
<td>Added &amp; Natural Sugar</td>
<td>305 calories</td>
<td>17 tsp.</td>
<td>66 minutes</td>
</tr>
<tr>
<td>Fruit Nectar</td>
<td>11.5 fl. oz. can</td>
<td>Added &amp; Natural Sugar</td>
<td>196 calories</td>
<td>11 tsp.</td>
<td>42 minutes</td>
</tr>
<tr>
<td>Vitamin-added Water</td>
<td>20 fl. oz. bottle</td>
<td>Added &amp; Natural Sugar</td>
<td>125 calories</td>
<td>8 tsp.</td>
<td>27 minutes</td>
</tr>
</tbody>
</table>

Notes: Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (280 calories/hour). Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. All walking times are rounded up to next whole number.


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