

# Make Drinks Count

(Answer Key)

**Lowfat Milk** (Deans)

**Chocolate Milk** (Deans)

**Orange Juice** (Minute Maid)

**Fruit Punch** (Hi-C)

**Cola** (Coke)

**Diet Cola** (Coke)

**Bottled Water**

**Sports Drink** (Gatorade)

Which drink(s) have:

1. A lot of calcium?

**Lowfat Milk**

**Chocolate Milk**

2. A lot of vitamin C?

**Orange Juice**

**Fruit Punch**

3. The most sugar?

**Fruit Punch** (3.5 grams per ounce)

**Coke** (3.25 grams per ounce)

4. The most calories?

**Chocolate Milk** (27 calories per ounce)

5. Which drink is the most nutritious? Why?



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