

# Make Drinks Count

Lowfat Milk  
Chocolate Milk  
Orange Juice  
Fruit Punch

Cola  
Diet Cola  
Bottled Water  
Sports Drink

Which drink(s) have:

1. A lot of calcium?
2. A lot of vitamin C?
3. The most sugar?
4. The most calories?
5. Which drink is the most nutritious? Why?



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