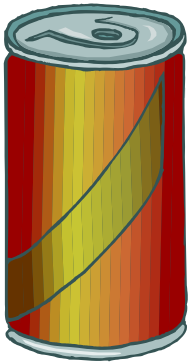
Which is the Better Beverage?

It is important to drink plenty of fluids every day. Water is the best but others can contribute to a healthy diet. Your job here is to find out which one has the most nutrients, ounce for ounce. You will need to look up the nutrient analysis in the Health-e Meal Planner™ on your district's web site, on a commercial site, or on the food package itself. We've given you web site addresses that might be helpful. In the first column for each item write down the nutrient information for each nutrient listed. Make note of the number of ounces of beverage in the container. It will be listed in fluid ounces. In order to make a comparison, you must compare to equal size portions so you will need to do the math to find the nutrients per ounce (hint: if the container is 8 ounces, divide everything by 8 etc.). After all your calculations are done, compare the amounts in the one ounce column and circle the beverage that has the highest amounts of Vitamin A, C, calcium and iron and the lowest amount of sodium. This is the drink that has the most nutrients for the calories consumed. Be sure to visit the Health-e Meal Planner ™ to see how each food fits into a healthy diet in balance and moderation.



www.cocacola.com

www.dairycouncilofca.org

www.floridajuice.com

www.gssiweb.com

	Regular Cola		Milk, 1% Fat		100% Orange Juice		Sports Drink	
Fluid Ounces		1 oz		1 oz		1 oz		1 oz
Calories								
Sodium, mg								
Vitamin C								
Vitamin A								
Calcium								
Iron								