

What's In Your Cup?

The foods and drinks in your diet may have more calories than you think. Do you know how fast they can add up?

Check out the table to help you make healthy choices for you and your family.

Drink	Calories/ 8 ounces	Protein/ 8 ounces	Teaspoons Sugar/ 8 ounces
Water	0	0	0
Whole Milk	170	8 grams	3
2% Reduced Fat Milk	125	8 grams	3
1% Low-Fat Milk	102	8 grams	3
Non-Fat Milk	80	8 grams	3
Chocolate Milk	160	8 grams	6 ½
Soy Milk	90	7 grams	3
Fruit Juice	120	0	8
Snapple	120	0	8
Hawaiian Punch	120	0	8
Kool Aid	100	0	7
Soda	120	0	8
V-8 Splash	120	0	8
Raspberry Ice Tea (Sweetened)	100	0	7

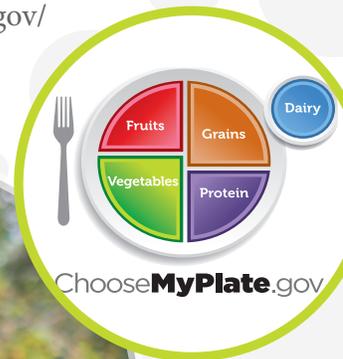
Key Questions to Ask:

- How big is your cup, glass or bottle?
- How often are you choosing drinks other than water?
- Does the drink fit into the MyPlate?
- Does the drink have protein, vitamins or minerals?
- Does the drink have “empty calories” or caffeine?

Choosing to drink more water can also help your teeth. Drinks with sugar or milk can cause tooth decay. Rinse your mouth or brush your teeth after drinking them.

MyPlate has an online tool called **Food-A-Pedia**. It allows you to compare the calories, sugars and fats in your favorite drinks. It also provides health facts on over 8,000 foods.

Visit the MyPlate - Food-A-Pedia here:
<https://www.supertracker.usda.gov/foodapedia.aspx>



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