

# WATER & BEVERAGE CHOICES



Product name	Carbohydrates	Calories	Sugar	Sodium	Vitamin A	Vitamin C	Calcium
Poland Spring <i>(based on 8oz serving)</i>	0 g	0 kcal	0 g	2 mg	0%	0%	0%
Vitamin Water <i>(based on 8oz serving)</i>							
Power C	9 g	40 kcal	8 g	0 mg	25%	250%	0%
Multi -V	9 g	40 kcal	8 g	0 mg	100%	100%	20%
Focus	9 g	40 kcal	8 g	0 mg	25%	100%	0%
Formula	13 g	50 kcal	13 g	0 mg	0%	20%	0%
Gatorade Assorted Flavors <i>(based on 8oz serving)</i>	14 g	50 kcal	14 g	110 mg	0%	0%	0%
Welch's 100% Juice <i>(based on 8oz serving)</i>							
Grape juice	29 g	120 kcal	27 g	10 mg	0%	70%	0%
Orange juice	20 g	80 kcal	19 g	15 mg	3%	100%	1%
Orange pineapple juice	39 g	160 kcal	36 g	60 mg	0%	0%	0%
White grape juice	39 g	160 kcal	37 g	20 mg	0%	100%	0%