

How many calories are in your child's drink?

We often forget to think about the high number of calories in drinks and how they can lead to weight gain. Providing your child juice at breakfast and snacks; and sports drinks, lemonade and pop at meals can really add up over the course of a day!

This hand out will help you know the number of calories your child is consuming when drinking **one cup** of each of the following drinks.

 <p>Regular Pop: 110 calories</p>	 <p>Tropicana OJ: 110 calories</p>
<p>Whole milk: 154 calories</p> 	 <p>Chocolate milk: 200 calories</p>
 <p>Milk 2%: 121 calories</p>	<p>Ocean Spray Cran-Grape Juice: 140 calories</p>
<p>Milk 1%: 102 calories</p> 	 <p>Grape Juice: 160 calories</p>
 <p>Milk Fat Free: 86 calories</p>	<p>Arizona Green Tea: 70 calories</p> 
<p>McDonald's Milkshake: 280 calories</p>	 <p>Juicy Juice 100% Juice: 120 calories</p>
 <p>Apple Juice: 110 calories</p>	<p>Snapple Ice Tea: 100 calories</p> 
<p>Kool-Aid: 100 calories</p> 	 <p>Hi-C Fruit Punch: 107 calories</p>
 <p>Gatorade: 60 calories</p>	<p>V8 Splash Juice: 110 calories</p> 

NOTE: Most of the beverages/liquids listed above come in sizes larger than 1 cup!!!