

START THE SCHOOL YEAR RIGHT!

# Your Drinks Add Up!

Active teenagers need 2,000 - 2,400 calories per day.

Calories from these drinks = LOTS of calories, but little nutritional value.



Orange juice

113



Chocolate MILK

160



Flavored water

120



Flavored coffee

293



Cola

250



Sport drink

200

=

1,136 calories

Healthy Choices = A Smarter YOU!

Choose water and low-fat dairy drinks instead!



Fairfax County Health Department  
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