

Beverage Choices for Weight Management Assignment

NAME:

PERIOD:

Part One Directions:

Fill in the calories and grams per serving for added sugar, carbohydrate, total fat, and protein using the [Think Your Drink Beverage Cards](#).

Beverage	Serving Size	Calories	Total Fat Grams	Total Carb Grams	Added Sugar Grams	Protein Grams
Fat Free Milk	8 oz		g	g	g	g
1% Milk	8 oz		g	g	g	g
2% Milk	8 oz		g	g	g	g
Fat-Free Chocolate Milk	8 oz		g	g	g	g
Almond Beverage Original	8 oz		g	g	g	g
Almond Beverage Vanilla	8 oz		g	g	g	g
Fortified Orange Juice	6 oz		g	g	g	g
Energy Drink	8.4 oz		g	g	g	g
Sports Drink	12 oz		g	g	g	g
Cola	12 oz		g	g	g	g

Part Two Directions:

Review the nutrient composition of each beverage and answer the following questions.

1. How does nutrient composition impact the total calories?
2. Which beverages from the chart would be good choices for someone who is interested in reducing the amount of calories consumed in a day?

Part Three Directions:

Read the scenario below and complete the chart using the information from Part One. Next, answer the question according to the chart.

Elena drinks cola every day with her lunch during the 1st semester (a total of 80 days). During the 2nd semester, Elena decides to drink Fat-free chocolate milk every day with her lunch (total of 80 days). Assume nothing else changes about her diet and physical activity habits when answering the following question.

The Nutrients Consumed	1 st Semester (Cola for 80 days)	2 nd Semester (Fat-Free Chocolate Milk for 80 days)
Total Calories Consumed	12,400	10,400
Total Fat Grams	0 g	0 g
Total Carbohydrate Grams	3120 g	1920 g
Total Added Sugar Grams	3120 g	960 g
Total Protein Grams	0 g	640 g

Question:

What do you think might be potential health benefits for Elena by switching from cola to fat-free chocolate milk?