



Different Beverages, Different Benefits

Beverages and their Attributes (per 100 mL)	Energy – Calories	Protein	Fat	Calorie Free	Source of Vitamin A	Source of Vitamin C	Source of Folate	Source of Vitamin D	Source of Calcium	Where it fits in Canada's Food Guide**	Hydration***	Caffeine	Refreshment
Juice – 100% fruit*	39-76				*	✓	*			1 veg/fruit svg	✓		✓
Juice – 100% vegetable*	18-41				✓	*	*			1 veg/fruit svg	✓		✓
Juice – 100% orange, calcium enriched	50					✓	✓		✓	1 veg/fruit svg	✓		✓
Juice Drink – variable pure juice content*	50-65				*	*	*			Other Foods	✓		✓
Milk – 2% milk fat, white	51	✓	✓		✓			✓	✓	½ milk svg	✓		✓
Milk – 2% milk fat, chocolate	76	✓	✓		✓			✓	✓	½ milk svg	✓	✓	✓
Sport Drink	25-34									Other Foods	✓		✓
Reg soft drink – cola	42-46									Other Foods	✓	✓	✓
Reg soft drink – other (non-caffeinated)	40-54									Other Foods	✓		✓
Diet soft drink – cola	0			✓						Other Foods	✓	✓	✓
Diet soft drink – other (non-caffeinated)	0			✓						Other Foods	✓		✓
Coffee – black, brewed	<3			✓						Other Foods	✓	✓	✓
Coffee – iced coffee	20-57		✓							Other Foods	✓	✓	✓
Tea – black, brewed 3 min	<3			✓						Other Foods	✓	✓	✓
Iced tea, with sugar and lemon	36-45									Other Foods	✓	✓	✓
Water – bottled, plain	0			✓						Other Foods	✓		✓
Water – bottled, flavoured	0			✓						Other Foods	✓		✓

Document developed by Registered Dietitians for Refreshments Canada, February 2005. All References and Health Canada Nutrition Claims are available at www.refreshments.ca

Notes: * Actual amounts vary with the contents of the fruit and/or vegetable blend. Read the label to determine exact nutrient content.

** Canada's Food Guide to Healthy Eating: Veg/fruit = Vegetables and Fruit food group, Milk = Milk Products food group

*** All beverages contribute to our daily fluid needs.