**Grins vs. Approved USDA Beverages for All Grade Levels (per proposal)**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Non-Fat Chocolate Milk | 100% Apple Juice (Simply) | Grins(All Flavors) |
| Calories | 150 | 120 | 50 |
| Total Fat  | 0g | 0g | 0g |
| Cholesterol | 5mg | 0mg | 0mg |
| Sodium | 240mg | 5mg | 5mg |
| Carbohydrates | 26g | 30g | 13g |
| Sugars | 25g | 28g | 12g |
| Protein | 11g | 0g | 0g |
| Calcium | 0% | 0% | 6% |
| Vitamin C | 0% | 0%\*\* | 20% |
| Vitamin B12 | 0% | 0% | 8% |
| Vitamin B6 | 0% | 0% | 8% |
| Vitamin B5 | 0% | 0% | 8% |
| Niacin | 0% | 0% | 8% |

\*\*Some brands (example: Minute Maid) add Vitamin C.