



HOW NUTRITIOUS IS YOUR NUTRITIONAL SHAKE?

SIGGI'S WHOLE MILK DRINKABLE

CHOBANI DRINK

SERVING SIZE 1 CONTAINER	SERVING SIZE 10 OUNCES
CALORIES 180	CALORIES 200
TOTAL FAT/SAT FAT/TRANS FAT 8 GM/5 GM/0 GM	TOTAL FAT/SAT FAT/TRANS FAT 5 GM/3 GM/0 GM
TOTAL CARBS 21 GM	TOTAL CARBS 26 GM
DIETARY FIBER 0 GM	DIETARY FIBER 2 GM
SUGARS 18 GM	SUGARS 22 GM
PROTEIN 8 GM	PROTEIN 14 GM
CALCIUM 30%	CALCIUM 25%
PROS: ONLY 5 INGREDIENTS, CALORIES ARE APPROPRIATE AS A SNACK CHOICE, GOOD AMOUNT OF PROTEIN TO HELP PROMOTE FULLNESS, AS MUCH CALCIUM AS A GLASS OF MILK	PROS: CALORIES ARE APPROPRIATE FOR A SNACK CHOICE, HIGH IN PROTEIN, CONTAINS SOME FIBER
CONS: HIGH IN SATURATED FAT (THE BAD FAT), ADDED SUGAR IS THE THIRD INGREDIENT	CONS: CONTAINS CHICORY ROOT WHICH CAN BOTHER SOME STOMACHS

ORGAIN KIDS PROTEIN SHAKE

CORE POWER

SERVING SIZE 8.25 OUNCE	SERVING SIZE 11.5 OUNCES
CALORIES 200	CALORIES 210
TOTAL FAT/SAT FAT/TRANS FAT 7GM/.5 GM/0 GM	TOTAL FAT/SAT FAT/TRANS FAT 3.5 GM/2 GM/0 GM
TOTAL CARBS 26 GM	TOTAL CARBS 20 GM
DIETARY FIBER 3 GM	DIETARY FIBER 0 GM
SUGARS 13 GM	SUGARS 19 GM
PROTEIN 8 GM	PROTEIN 26 GM
CALCIUM 25%	CALCIUM 70%
PROS: CALORIES ARE APPROPRIATE AS A SNACK OPTION, LOW IN SAT FAT, CONTAINS FIBER	PROS: CALORIES ARE APPROPRIATE AS A SNACK
CONS: WATER IS FIRST INGREDIENT AND SUGAR IS SECOND, LONG INGREDIENT LIST, CONTAINS INULIN WHICH CAN BOTHER SOME STOMACHS	CONS: MORE PROTEIN THEN WOULD BE NEEDED IN A CHILD'S SNACK, EXCESSIVE CALCIUM, AND TOO MUCH CALCIUM CAN BE CONSTIPATING

*KNOW WHY YOU ARE OFFERING THE SHAKE. IS IT TO ADD PROTEIN, TO REPLACE A MEAL, TO HELP A PICKY EATER, TO MEET NEEDS OF AN ATHLETE? IF YOU AREN'T SURE WHICH IF ANY WOULD HELP YOUR CHILD THEN YOU SHOULD CONSULT WITH A DIETITIAN. JUST BECAUSE A SUPPLEMENTAL SHAKE MAY WORK FOR YOU AS AN ADULT, DOES NOT MEAN IT IS SAFE OR GOOD FOR YOUR CHILD.