Beverage Choices: Which Do You Drink?

Milk

Vitamins A, D, B12, folate, calcium, magnesium, protein

Drink at least two 8-ounce glasses a day

Choose Low-fat (1%) or Fat-free (skim).

Juice "drinks"

Made with some juice and added vitamins.

100% juice has

100% Juice

Vitamins C, folate

Drink 4 to 6 ounces a day.

Choose whole fruits instead of juice for fiber and other nutrients.

Orange soda

Flavored water, sugar, corn syrup, caffeine.

Avoid sodas and other soft drinks ("sport" drinks, juice-flavored beverages).

May contribute to a reduced intake of other beverages including low-fat milk, water and 100% fruit juices.

Water

Essential for carrying nutrients, maintaining cellular functions, temperature regulation and more.

Drink 6 to 8 8-ounce glasses a day.

Flavored milks

Flavored milks offer a well-accepted nutritious alternative to soft drinks.

Children who drink flavored milk have a lower soft drink intake, higher calcium intakes and do NOT have increased sugar intakes.



