DAILY HEALTHY BEVERAGE GUIDELINES

Under the guidelines women should drink nine eight-ounce servings of beverages each day and men should drink 13 servings. Beverages can be selected from the different levels of the pitcher, but beverages should not exceed 10 – 15 percent of total daily caloric intake.

- **SOFT DRINKS, JUICE DRINKS**
  - Up to 1 Serving
  - 110 calories

- **100% FRUIT JUICES, WHOLE MILK, SPORTS DRINKS**
  - Up to 1 Serving
  - 115 calories

- **DIET SOFT DRINKS, CALORIE FREE TEA/COFFEE WITH SUGAR SUBSTITUTES**
  - Up to 4 Servings
  - 0 calories

- **SKIM/LOW-FAT MILK*, UNSWEETENED FORTIFIED SOY BEVERAGES**
  - Up to 2 Servings
  - 100 calories per serving

- **UNSWEETENED COFFEE (FLAVORED, NON-FLAVORED)**
  - Up to 4 Servings of Coffee
  - 0 calories

- **UNSWEETENED TEA (BLACK, GREEN, OOLONG, WHITE, HERBAL)**
  - Up to 8 Servings of Tea
  - 0 calories

- **WATER**
  - Up to 9 Servings for Women, 13 Servings for Men
  - 0 calories

For information on how to use this guide please see reverse.

- This information is intended as a general guideline for healthy people. People with special dietary needs should consult their doctors.
- Pregnant women should consult their doctors about caffeine consumption. Children have specific nutrition requirements and should seek nutrition guidance from a pediatrician.
- To meet Canada’s Food Guide to Healthy Eating, consume two to four servings per day of low-fat or skim milk, yogurt, cheese or other calcium containing foods made from milk. Servings of skim or low fat milk as recommended by the Healthy Beverage Guidelines also count as servings of milk products under Canada’s Food Guide. If you don’t or can’t consumer milk, choose lactose-free products or other calcium sources.
- For the panel’s complete recommendations on beverage consumption, see the March 2006 issue of American Journal of Clinical Nutrition.
The proposed Daily Healthy Beverage Guidelines were developed by a panel of nutrition experts to help consumers make smart decisions about their beverage consumption. Published in the March 2006 issue of the Journal of American Clinical Nutrition, the Guidelines are based on the relative health and nutritional benefits and risks of various types of beverages.

Under the guidelines, women should drink nine eight-ounce servings of beverages a day and men should drink 13 servings. However no more than 10 to 15 percent of daily calorie intake should be consumed in beverages and caffeine consumption should be limited to 400 mg per day.

How To Use This Guide:

- The pitcher represents a range of beverages that you can choose from everyday. Each beverage is ranked from the bottom to the top by its average calories, nutrient content and potential health benefits.

- To make the most of your daily beverage allotment, choose beverages from the different levels in the pitcher.

- You can choose from each level in the pitcher - but be careful not to exceed the recommended amount for that level.

- You should choose most of your beverages from the bottom levels of the pitcher and consume the beverages in the upper levels in moderation.

Example:

- A woman consuming a 2,000 calorie per day diet should drink 9 eight-ounce servings of beverages each day, limiting calories from beverages to 200-300 calories according to the guidelines.

- This woman would choose from any level within the pitcher as long as total calories from beverages do not exceed 200-300 calories.

- So on Day 1 this woman might choose to consume 5 servings of water, 3 servings of unsweetened black tea and 1 serving of skim milk for a total of 9 beverage servings, approx. 100 calories (from the skim milk) and approx. 165mg of caffeine.

- Alternatively on Day 2 this woman might choose to consume 3 servings of water, 2 servings of unsweetened black coffee, 3 diet soft drinks and 1 serving of 100% fruit juice for a total of 9 beverage servings, approx 115 calories (from the fruit juice) and approx. 200mg of caffeine.

- Both of these examples are allowable under the proposed Healthy Beverage Guidelines. The guidelines are not prescriptive but instead allow people to mix and match their beverage choices to suit their lifestyle. The Healthy Beverage Guidelines are designed to help people make smart choices.