Guide to healthy drinks

What you drink is as important as what you eat. Many drinks have extra sugar. They may offer little or no nutrients. Use the guide below to help you make healthy choices.

✓ Drink water every day

Drink to thirst.
+ Tap water
+ Mineral or sparkling water (no sugar)

Ideas for making water more flavorful:
+ Add cut up citrus fruit (orange, lemon or lime)
+ Add cucumber and mint
+ Add crushed raspberries or watermelon

✓ Drink milk every day

Choose low-fat or fat free options (1% or skim) or calcium-fortified soy milk beverage.

Recommended serving sizes of dairy (may include milk, yogurt, cheese or other sources of dairy):

Children 2-3 years
+ 2 cups/day (16 oz)

Children 4-8 years
+ 3 cups/day (24 oz)

Adults
+ 3 cups/day (24 oz)

OK Juice is OK sometimes

Juice is not needed for a healthy diet. If you choose to drink juice, look for 100% juice. Have one serving or less per day.

Serving sizes for juice (daily):

Under 1 year old
+ No juice

2-4 year old
+ 1/2 cup (4 oz)

5-6 years old
+ 1/2 cup to 3/4 cup (4-6 oz)

7-18 years old
+ 1 cup (8 oz)

OK Chocolate milk is OK sometimes

Sometimes, children may drink low-fat chocolate milk instead of regular milk. Chocolate milk has added sugar.

OK Coffee is OK for adults

Most coffee/tea contains caffeine. Caffeine can be harmful to growing children. Adults may drink caffeinated coffee and tea in moderation (400mg, or 3-5 cups per day) Be aware of added sugar.

LIMIT Say no or limit sugar-sweetened beverages

Soda, lemonade, fruit punch, sweetened tea, energy drinks. Be aware of options that contain caffeine, especially for children.

Contact your local FoodWIse program to learn more:

FOOD WISE
Healthy choices, healthy lives.

UW EXTENSION
University of Wisconsin-Extension

FW-10.18:6