

# Healthy Beverage Guidelines



## WHY IS WATER BEST?

- Water has no calories, no sugar, and no fat.
- Tap water in New York City is healthy and free.
- Drinking more water can help with headaches, dry skin, constipation, and thirst.

## WHAT ABOUT JUICE?

- Juice has a lot of sugar. Even 100% apple juice (16-ounce bottle) naturally has 11 teaspoons of sugar.
- Whole fruit fills you up and is healthier than juice.
- It is always best to eat a piece of fruit instead of drinking fruit juice.



## EASY TIPS TO DRINK MORE WATER AND LESS SUGAR

Check once you have tried each of the following:

- Make water fun with a slice of lemon, lime, orange, or cucumber.
- Make spritzers by mixing a small amount of 100% juice and seltzer water.
- Order tap water instead of soda at restaurants.
- Serve tap water with meals.
- Keep bottles of tap water in the fridge instead of soda and juice.
- Carry a water bottle and refill it during the day.
- If you buy juice, check the nutrition label and make sure it is 100% juice.



## RECOMMENDED AMOUNT OF JUICE EACH DAY

Age	Amount of Juice Per Day
0 months – 1 year	No juice
1 – 5 years	No more than 1/4 – 1/2 cup of 100% fruit juice per day
6 years and older	No more than 1 1/2 cups of 100% fruit juice per day



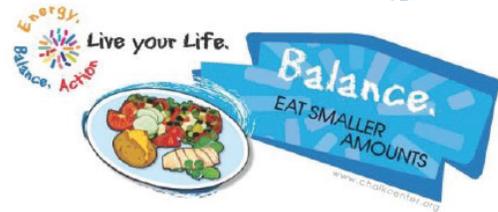
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# Easy Ways to Control Portions



## WHY SHOULD YOU “EAT SMALLER AMOUNTS”?

- By eating smaller amounts you eat only the calories you need and avoid eating too much.
- If you order a “supersized” portion you are more likely to eat or drink more.



## HOW TO USE THE NUTRITION FACTS LABEL

- Check the nutrition facts label to learn more about what is in packaged foods.
- This area shows the number of servings in one package.
- This area shows the nutrition facts per serving.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
%Daily Value*	
Total Fat 13g	20%
Saturated Fat 5 g	25%
Trans Fat 2 g	

## TIPS FOR EATING SMALLER AMOUNTS

Check once you have tried each of the following:

- Put the right amount of food on each person’s plate and leave the serving dish in the kitchen.
- Eat dinner with your family.
- Eat dinner sitting at the table and with the TV off.
- Order half of the meal to go at restaurants.
- Share a meal with someone else at restaurants.
- Measure the right amount of food that your child needs using the picture, on the right.
- Divide large packages into smaller baggies to make single servings.
- Check the Nutrition Facts Label and eat the right amount for 1 serving.

Your hand can help you measure the right amount of food to eat

Use your hand to measure out portions



**Palm of Hand**  
Amount of Lean Meat



**A Fist**  
Amount of Rice, Cooked Pasta, or Cereal



**A Thumb**  
Amount of Cheese



**Thumb Tip**  
Amount of Peanut Butter

*Note to adults preparing meals for children: Use your child’s hand to measure portion sizes.*

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