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

<table>
<thead>
<tr>
<th>Age</th>
<th>Amount of Juice Per Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 months – 1 year</td>
<td>No juice</td>
</tr>
<tr>
<td>1 – 5 years</td>
<td>No more than 1/4 – 1/2 cup of 100% fruit juice per day</td>
</tr>
<tr>
<td>6 years and older</td>
<td>No more than 1 1/2 cups of 100% fruit juice per day</td>
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</tbody>
</table>

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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.

**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.

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