

A New Proposed Guidance System for Beverage Consumption in the United States

The American Journal of Clinical Nutrition March 2006

The Beverage Guidance System ranks beverages in 6 levels that should be consumed in limited quantities. Level 1 is consumed as the major beverage water.

Levels of Beverages	Recommended Ounces
<p>Level 1: Water</p> <p>Essential for human life. Necessary for metabolism and physiologic functions. May provide calcium, magnesium, and fluoride.</p>	<p>(20-50 fl oz/day 100 % water</p>
<p>Level 2: Tea and Coffee, (Unsweetened)</p> <p>Black, green and oolong tea – provides variety of flavonoids, antioxidants and fluoride. reduces tooth decay & cavities, reduces kidney stones, increases bone density Coffee can reduce risk of Type 2 diabetes, colorectal cancer, and Parkinson's disease in men</p>	<p>4-5 cups (0-40 fl oz/d) Limit Caffeine 400 mg/d</p>
<p>Level 3: Low Fat Milk, Skim Milk, Soy Beverages</p> <p>Provides vitamin D, calcium and protein Low fat milk and skim milk contribute to healthy diet Soy milk provides alternative for people who do not drink cow's milk</p>	<p>0-16 fl oz/d</p>
<p>Level 4: Noncalorically Sweetened Beverages</p> <p>Diet sodas, diet drinks are alternatives to providing a sweet drink Nutritive sweeteners are added to most diet sodas & diet drinks Downside is that drinks with sweeteners provide a sweeter taste, less preference for water, tea or coffee</p>	<p>0-32 fl oz/d</p>
<p>Level 5: Caloric Beverages with Some Nutrients</p> <p>Fruits juices, vegetable juices, whole milk and sports drink provide some nutrients Downside is that could contain high energy content, high sodium, dense fats, too much carbohydrates</p>	<p>0-8 fl oz 100% fruit juices/d</p>
<p>Level 6: Calorically Sweetened Beverages</p> <p>Sweetened with high fructose corn syrup or sucrose. Regular sodas, fruit drinks, and other carbonated drinks. Can cause dental caries, weight gain, and Type II Diabetes</p>	<p>0-8 fl oz/d</p>