

The Daily Healthy Beverage Guidelines

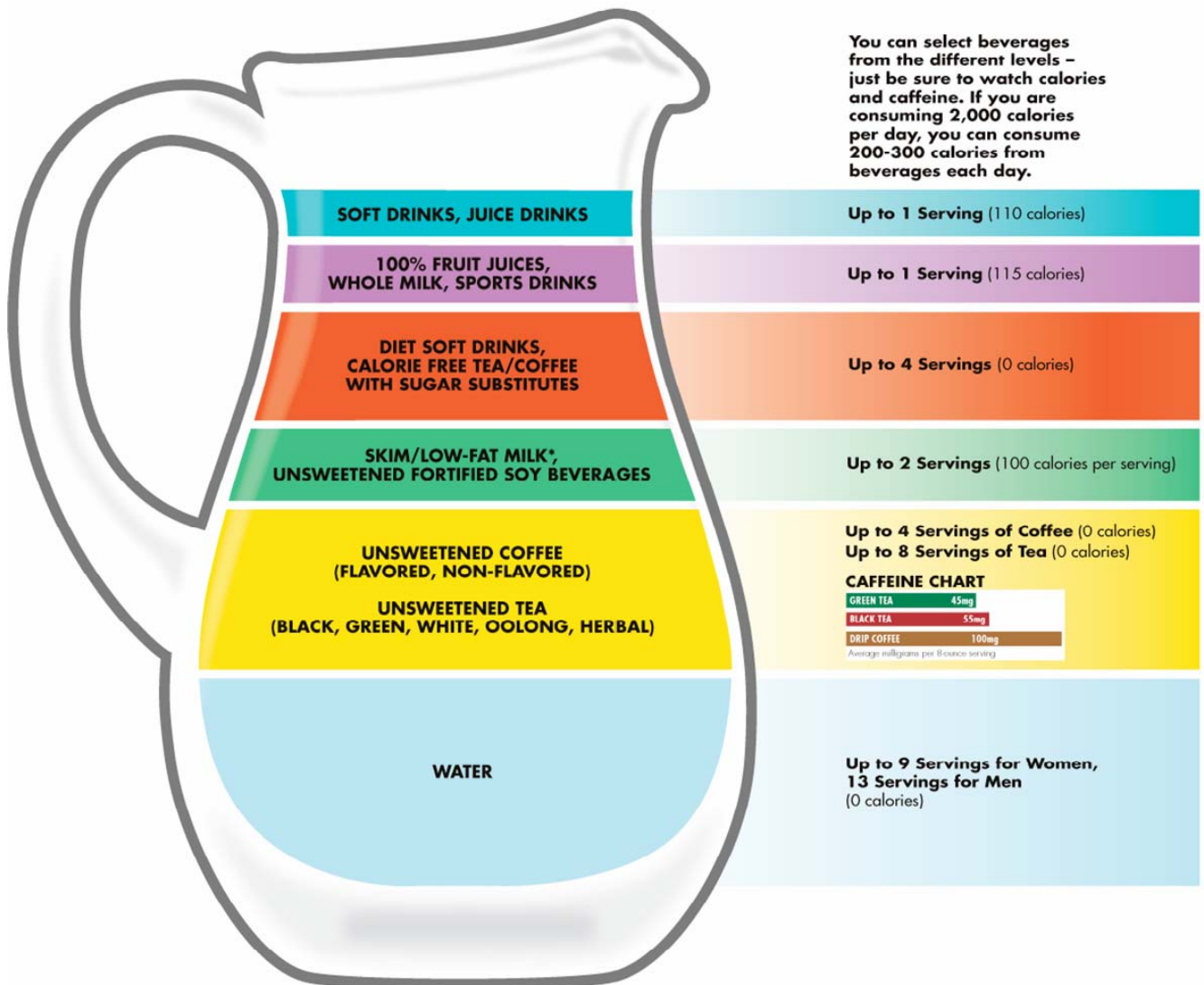
You Are What You Drink

Purpose:

Help Americans make smart beverage choices.

Recommended:

Women should drink 9 eight oz. servings.
 Men should drink 13 eight oz. servings.
 Limit caffeine to 400 mg per day.
 Beverages should not be more than 10-15% of total daily calories.
 Choose more beverages from the bottom of the pitcher.
 Drink in moderation beverages from the top of the pitcher.



“The Daily Healthy Beverage Guidelines” Unilever Health Institute 2006.
http://www.lipton.com/downloads/tea_health/beverage_guide/lipton_bevguide_poster.pdf