

The Daily Healthy Beverage Guidelines Recommendations

The American Journal of Clinical Nutrition March 2006

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- 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
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NOTE: “Fluid needs vary widely among people and persons with higher-than-average needs should increase their fluid intake from calorie-beverage, preferable water.”

The fluoride content of bottled water is usually much lower than fluoridated tap water, but on occasion it may exceed advisable concentrations.