








2013 Expert Panel Recommendations for Healthier Beverages

For more details about the panel process and beverage definitions, please visit the full report at:

<https://healthyeatingresearch.org/research/recommendations-for-healthier-beverages/>

	Preschool children (Ages 2 to 4)*	Children (Ages 5 to 10)	Youth (Ages 11 to 13)	Adolescents (Ages 14 to 18)	Adults (Ages 19 and above)
 Water	No added sweeteners or carbonation	Includes carbonated water			
 Milk†	0-8 oz portions		0-12 oz portions		
 100% Juice	0-4 oz portions ≤70 mg sodium per portion	0-6 oz portions ≤100 mg sodium per portion	0-8 oz portions ≤140 mg sodium per portion		
 Beverages with low-calorie sweeteners	Not recommended			≤40 calories per container, must be non-caffeinated and non-fortified	≤40 calories per container
 Caffeinated Beverages	Not recommended				≤12 oz portions, coffee and tea beverages with milk must use low-fat or nonfat milk, and no added caloric sweeteners
 Flavored Milk	Not recommended				Not recommended If consumed ≤130 calories per 8 oz
 Sugar-Sweetened Beverages	Not recommended				

* In 2019, Healthy Eating Research published updated healthy beverage recommendations for children ages 0-5, *Healthy Drinks Healthy Kids*, developed in consensus with the Academy of Nutrition and Dietetics, the American Academy of Pediatric Dentistry, the American Academy of Pediatrics, and the American Heart Association. Those recommendations can be found at: <https://healthyeatingresearch.org/wp-content/uploads/2019/09/HER-HealthyBeverage-ConsensusStatement.pdf>

† Includes calcium and Vitamin D-fortified soy beverages