

MHealthy Nutrition Guidelines - Beverages

It's now easier to choose beverages that support basic good nutrition. Use this citrus circle to help you make more informed beverage choices. The more slices filled, the more nutrient dense* the beverage

Less nutrient dense More nutrient dense					
Category					
Beverages	- Calorically sweetened beverages & energy drinks, including soft drinks, fruit drinks, teas, sports drinks, lemonade, and other “ades” that are sweetened with sugar, high-fructose corn syrup, or other high-calorie sweeteners - Non-calorically sweetened beverages & energy drinks, including waters, soft drinks, teas and sports drinks, lemonade, and other “ades” that are sweetened with calorie-free artificial sweeteners	Enhanced 100% juices with >100% daily value for vitamins and minerals	100% fruit & veg juices 2% or whole milk - Flavored and/or enhanced skim, ½% or 1% milk	- Plant based milk substitutes with more than 10% calories from added sugar - Enhanced waters with >100% daily value for vitamins and minerals	- Water and fruit-infused waters - Unsweetened teas & coffees - Skim, 1/2% or 1% milk - Plant based milk substitutes w/10% calories or less added sugar

***Nutrient dense means:**

- More:** fruits, vegetables, healthy fats, whole grains and fiber
- Less:** saturated fats, added sugars and sodium