

Turn your beverage habit upside down.

It's easy. Just follow the Beverage Pyramid guidelines, developed by a panel of experts in the fields of nutrition and obesity. It all boils down to drinking more from the choices at the top of the pyramid and less from the bottom. And it really works. If you replace just one sugared beverage a day with water, you'll save 50,000 calories a year. So let's raise a glass— or bottle of water— to your health.

How much should you drink per day?

Water
up to 6 cups, 0 cal/cup

Coffee/Tea
unsweetened, coffee: up to 4 cups, 0 cal/cup, tea: up to 8 cups, 0 cal/cup

Lowfat Milk/Soy
up to 2 cups, 100 cal/cup

Diet Drinks
up to 4 cups, 0 cal/cup

100% Juice/Sport
juices: up to 1 cup, 115* cal/cup sport: based on duration and intensity of workout

Soda/Juice Drinks
up to 1 cup, 110* cal/cup

Beverage facts.

Your brain is 73% water. Drinking adequate amounts of water helps the body function properly and improves mental alertness.

Tea contains antioxidants; coffee has been shown to have a mild antidepressant effect.

Milk is a key source of vitamin D, calcium and other important nutrients.

Studies show that diet drinks may condition the body to crave sweet foods.

Juices provide some vitamins and nutrients; sports drinks help hydrate during high-endurance activities.

Sweetened beverages contain little or no nutritional value; a 20 oz soda contains 275 calories.

