

MIX IT UP

Green - Healthiest Choice

- Plain water without flavoring, additives, or carbonation
- 12 oz. or less
 - 100% fruit or vegetable juice with less than or equal to 230 mg sodium per 8 oz. serving
 - fat free, 1% or 2 % unflavored milk with less than or equal to 13 gm sugar per 8 oz. serving

Yellow - Healthy Choice

- More than 12 oz.
 - 100% fruit or vegetable juice
 - fat free, 1% or 2 % unflavored milk
- Fat free, 1% or 2 % flavored milk with more than 13 gm sugar per 8 oz. serving and/or artificial sweeteners
- Any other beverage with 40 calories or less per 8 oz. serving
- Any beverage with between 230 mg and 400 mg sodium per 8 oz. serving

Red - Not as Healthy of a Choice

- Whole milk
- Any other beverage with more than 40 calories per 8 oz. serving
- Any beverage with more than 400 mg sodium per 8 oz. serving

