

Green - Yellow - Red Beverage Examples

Green	Yellow	Red
<ul style="list-style-type: none"> Plain water without flavoring or additives Seltzer water and club soda 100% fruit juice or 100% low-sodium vegetable juice (8-ounce limit) Skim or 1% milk; 8-ounce servings of low-fat or nonfat chocolate or strawberry milk with no more than 22 grams of sugar 	<ul style="list-style-type: none"> Artificially sweetened non-fortified (vitamin or mineral) beverages with less than 5 calories per portion as packaged* Tea* 100% fruit juice or 100% low-sodium vegetable juice >8 ounces Sport drinks Flavored skim or 1% milk with artificial sweeteners ≤ 12 ounces 2% flavored or plain milk ≤ 12 ounces 	<ul style="list-style-type: none"> Regular soft drinks Sweetened tea Fruit drink (anything < 100% fruit juice) Sugar-flavored water Energy drinks Whole milk

