(Drink) Size Matters

100% fruit juice can be part of a healthy diet, but when your drink has calories, size matters. For **100% juice**, health experts recommend having no more than:

Helpful Tip: Use a measuring cup when serving 100% juice to your family.

More Helpful Tip: Add water to your juice.

12oz Per Day → **ADULTS**

8oz Per Day → **TEENS: 14-18**

4oz Per Day → **KIDS: 13 & UNDER**

Better Beverage FINDER ™

BetterBevFinder.org