(Drink)

Size Matters

When your drink has calories, size matters, so keep an eye on those portions. For 100% juice, health experts recommend having no more than:

4 oz a day	Kids 13 and under
8 oz a day	Teens 14-18
12 oz a day	Adults

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

More Helpful Tip: Add water to your juice.

BetterBevFinder.org

Better Beverage FINDER™

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