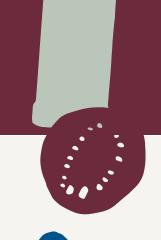


## Simple Shifts to Better Beverages

What kids drink counts. Sugar-sweetened beverages like soda and fruit-flavored drinks provide only extra calories and few, if any, nutrients. With many children struggling to meet their nutritional needs,\* shifting to naturally nutrient-dense beverages is key.



Food pattern modeling shows that shifting from common sugar-sweetened beverages to nutrient-dense beverages in daily food choices—including milk, Greek Yogurt drinks, and 100% juice†—helps young children (2-5 years) achieve better diets. These simple shifts help kids boost intakes of underconsumed nutrients and get the essential components they need for a healthy eating pattern, like calcium, potassium, and natural high-quality protein—all while keeping sugars in check.



Before Shift	Simple Shift	Difference
2 graham crackers 4 oz. fruit-flavored drink	2 graham crackers 4 oz. 100% apple juice†	magnesium +5 mg potassium +79 g sugar -7 g
1/ <sub>2</sub> tuna sandwich 1/ <sub>4</sub> cup applesauce 4 oz. fruit punch	½ tuna sandwich ½ cup applesauce 4 oz. Greek Yogurt drink	calcium +87 mg potassium +136 mg protein +5 g sugar -4 g
8 vanilla wafers 4 oz. lemonade	5.3 oz. non-Greek yogurt 4 oz. water	calcium +138 mg potassium +154 mg protein +9 g sugar -8 g
1/3 cup spaghetti + sauce 1/2 roll 1/4 cup green beans 4 oz. soda	1/3 cup spaghetti + sauce 1/2 roll 1/4 cup green beans 4 oz. non-fat chocolate milk	calcium +143 mg vitamin D +1 mcg protein +4 g sugar -1 g
1 ice cream sandwich	5.3 oz. Vanilla Blended Greek Yogurt  1/4 cup sliced strawberries	calcium +97 mg potassium +198 mg protein +10 g sugar -2 g

<sup>\*</sup> Scientific Report of the 2015 Dietary Guidelines Advisory Committee. Appendix E-2.1: Usual Intake Distributions, 2007-2010, By Age/Gender Groups. USDA, HHS. 2015.

† According to the 2015-2020 Dietary Guidelines for Americans, 100% juice is a nutrient-dense beverage and can count towards daily fruit servings. However, 100% juice should make up only half of the daily fruit recommendation, or ½-¾ cups a day for children 2-5 years.