

Hydration

Hydration is important when it comes to our bodies working at their best.

THE NATIONAL ACADEMIES OF SCIENCES, ENGINEERING, AND MEDICINE RECOMMENDS:



MEN SHOULD GET ABOUT **THIRTEEN 8 OZ CUPS** OF FLUID PER DAY



WOMEN SHOULD GET ABOUT **NINE 8 OZ CUPS** OF FLUID PER DAY

The USDA Dietary Guidelines for Americans (2020-2025) recommend limiting consumption of sugar-sweetened beverages and shifting to beverages without added sugars like unsweetened tea or water.*

UNSWEETENED TEA IS 99.5% WATER with ZERO CALORIES and 0g ADDED SUGARS.

Make Every Sip Count with these Tea Tips

Nutrition Facts	
8 servings per container	
Serving size 8.45 fl oz (240mL)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 0g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Nutrition Fact Panels list Added Sugars. Examples of these sources include table sugar, honey, sucrose & syrups. On a 2,000 calorie diet, it is recommended to consume no more than 50g per day (or 10% of calories).

Limit added sugars by adding any of these to your favorite unsweetened green or black tea:

Citrus:
lemon, lime, grapefruit or orange



Fresh Fruit:
Peach, raspberries, strawberries, watermelon or blueberries



Herbs & Spices:
mint, basil, rosemary, thyme, cinnamon or ginger.



*For more information including the scientific citations please visit <https://www.lipton.com/us/en/love-your-heart/>

Make Every Sip & Bite Count for a HEALTHY DIET



Flavonoids & Heart Health

Flavonoids are naturally occurring dietary compounds found in a variety of plant-based foods and beverages such as tea, cocoa, fruits and vegetables. In fact, **tea is one of the top sources of flavonoids in the diet!**

Scientific experts, recommend daily consumption of 400-600mg of flavan-3-ols, a sub-group of flavonoids, to **support heart health** as part of a diet consistent with the [USDA's Dietary Guidelines](#).*

**400-
600mg**
flavan-3-ols



Scientific evidence has found **flavonoids from unsweetened green or black tea can help support healthy blood circulation essential for heart health.***

Start Simple with MyPlate Today



MAKE HALF YOUR PLATE FRUITS & VEGETABLES.

Fresh, frozen, canned or dried all count!

- Vary your fruit & veggies including a variety of colors throughout the week.
- Cut up fruit and place on the front shelf of the refrigerator so it is the first thing you see when you open the door!
- Fruit can be great as a snack with a handful of nuts or low fat plain yogurt or as a topping with oatmeal or whole grain cereal.
- Canned veggies (labeled no salt added or reduced sodium) or frozen (without sauces) can be easy options to add to dishes like stir-fries, casseroles or grain bowls.

Small Changes Matter

AIM TO MAKE HALF YOUR GRAINS WHOLE GRAINS

- **Whole Grains can easily be substituted in most recipes.** Try quinoa, barley, farro, sorghum, or whole wheat pasta.
- For your next sandwich, **try a whole-grain pita, corn tortilla or whole-grain flatbread.**



VARY YOUR PROTEIN

- **Choose lean cuts of poultry and meat** such as chicken breast (without the skin), sirloin, top round or flank steak, pork tenderloin or loin chops.
- **Include Fish or Seafood** twice a week.
- **Try a Meatless Meal** at least once a week, which can be tasty and budget-friendly.