

School Beverage Guidelines

CATEGORY	Qualify for the Alliance for a Healthier Generation's School Beverage Guidelines		
	ELEMENTARY	MIDDLE	HIGH*
BOTTLED WATER	any size	any size	any size
PLAIN FAT-FREE OR LOW FAT MILK 150 calories/8oz <i>Includes nutritionally equivalent milk alternatives per USDA</i>	8oz (150 cal)	10oz (188 cal)	12oz (225 cal)
FLAVORED FAT-FREE OR LOW FAT MILK 150 calories/8oz <i>Includes nutritionally equivalent milk alternatives per USDA</i>	8oz (150 cal)	10oz (188 cal)	12oz (225 cal)
100% JUICE WITH NO ADDED SWEETENERS 120 calories/8oz + 10% DV for at least 3 vitamins and nutrients**	8oz (120 cal)	10oz (150 cal)	12oz (180 cal)
NO OR LOW CALORIE BEVERAGES 10 calories/8oz	No	No	any size
OTHER DRINKS No more than 66 calories/8oz	No	No	12oz (99 cal)

*At least 50% of beverages must be water and no- or low- calorie beverages

** Must contain at least 10% Daily Value of 3 vitamins and nutrients as such as Vitamin A, C, D and calcium