

Healthy Beverages List

<ul style="list-style-type: none"> • All skim milks • All 1% milks • Bolthouse Farms Valencia Orange Juice • Bolthouse Farms Passion Fruit Apple Carrot Juice • Bolthouse Farms Veggie Vegetable Juice Blend • Dole Chilled 100% Juices - All Varieties • Dole Frozen 100% Juices • Dr. Smoothie 100% Strawberry Smoothie • Edensoy Rice Milk • Edensoy Soy Milk: Chocolate and Vanilla • Florida's Natural 100% Juice 10oz serving- All Flavors • Fresh Samantha Carrot Orange Juice 	<ul style="list-style-type: none"> • Fresh Samantha Desperately Seeking C • Fresh Samantha Fruit Smoothies • Fresh Samantha Mango Mama • Fresh Samantha Raspberry Dream • Minute Maid 100% Juices • Mott's Juice • Nantucket Nectars 100% Grape Juice • Ocean Spray 100% Juice • Odwalla 100% Fruit Juice • Silk Soy Milk: Chocolate and Vanilla • Tree Top 100% Apple Juice • Tropical Paradise Inc 100% Juice Slush (All flavors) • Tropicana Seasons Best 100% Juices 	<ul style="list-style-type: none"> • V8 100% Vegetable Juice • Veryfine 100% Fruit Juice • Vita-Fresh 100% Fruit Juices- All Varieties • Welch's 100% Juice • Apple & Eve Waterfruits- ALL FLAVORS • Aquafina Sparkling— ALL FLAVORS • Aquafina Flavor Splash— ALL FLAVORS • Glaceau VitaminWater • Pepsico H2O! Sparkling Water— ALL FLAVORS • Propel Propel Fitness Water— ALL FLAVORS • RWI Riptide Flavored Water • RWI Riptide Sparkling • Shasta Clear Fruit Lite— ALL FLAVORS
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OTHER BEVERAGES THAT ARE NOT LISTED ABOVE may also be considered as a healthy choice. Read the nutrition label to determine the calorie and nutrient content of the beverage. The following guidelines may be used in determining whether a beverage is a healthy option:

- Water, any size
- Low-fat or skim milk, flavored or plain; 8 oz.
- 50–100% juice with no added sweeteners; 8 oz.
- 100% vegetable juice; 8 oz.