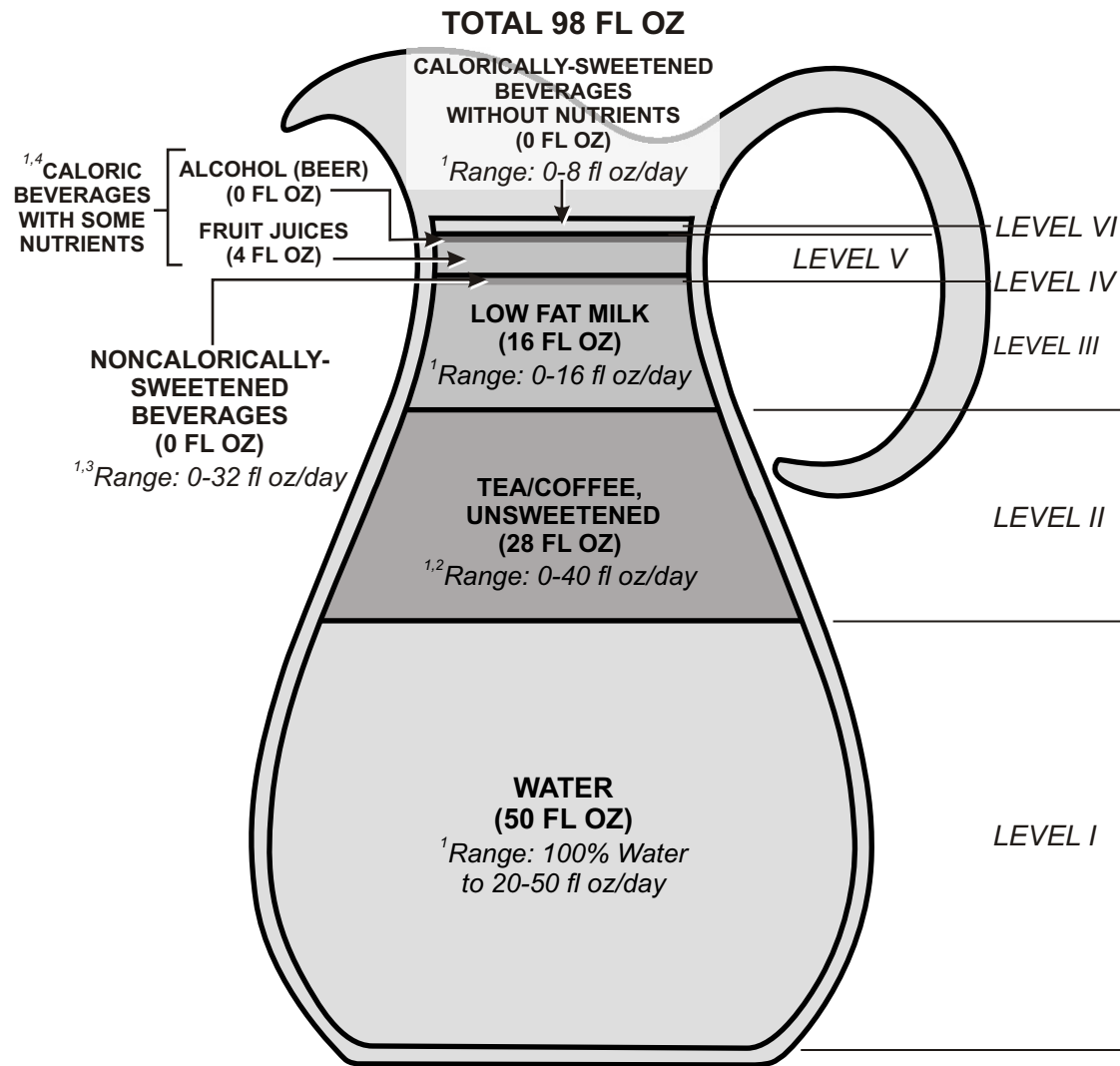


**Figure 2. Suggested Beverage Consumption Patterns
(10% of energy from beverages) for a Person with
a 2200 kcal Energy Requirement per Day**



Footnote: The values of 50, 28, 16, and 4 fluid ounces are shown for illustrative purposes only and that the total should sum to 98 fluid ounces, as shown at the top of the figure

¹The suggested range for each beverage from panel

²Range: caffeine is a limiting factor up to 400 mg/day or about 32 fl oz/day of coffee (can replace water)

³Can substitute for tea and coffee with the same limitations regarding caffeine

⁴100% fruit juices 0-8 fl oz/day, alcoholic beverages 0-1 drink per day for women, and 0-2 drinks per day for men, whole milk 0 fl oz/day