Use this handy chart to make better beverage choices and develop healthy drinking habits—no matter what your starting point.

No need to label any drinks "off limits," but nutritional value does vary. Here's how different

KNOW YOUR BEVERAGES

beverages stack up, and why you may want to drink some more often than others. DRINK MORE DRINK LESS DRINK SOME





PLAIN WATER







DRINK MORE



water



Alkaline water



Distilled water



Filtered



water intake

water

Reverse osmosis

DRINK SOME

 Having a glass or two of water with meals Remembering that all types of water (plain, All plain water is good for you, but filtering water removes substances that could negatively impact health, such

SWEETENED BEVERAGES

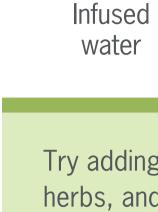
DRINK MORE

sweetened, carbonated) count towards your

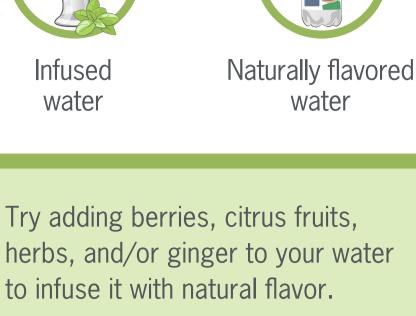
as heavy metals, radon, pesticides, and microplastics.

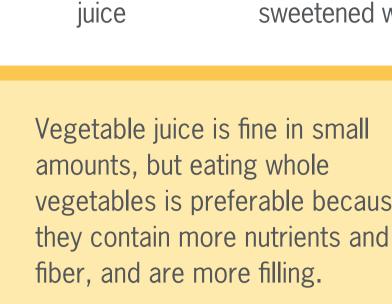
DRINK LESS

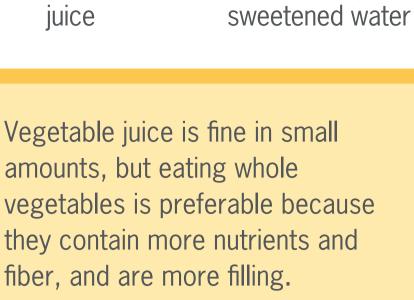
Vegetable Artificially Fruit juice

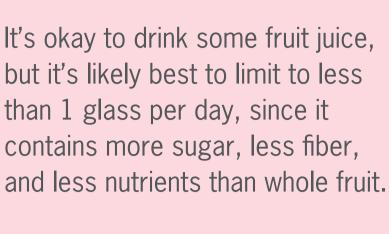


Try adding berries, citrus fruits, to infuse it with natural flavor.









DRINK MORE

DRINK SOME

CARBONATED BEVERAGES

DRINK LESS

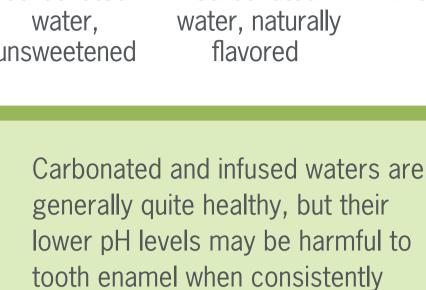
Energy drinks,

sweetened

Juice drinks

Carbonated Diet soda Carbonated Energy drinks, Soda water, artificially artificially (pop) sweetened sweetened

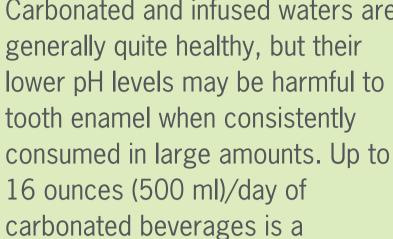


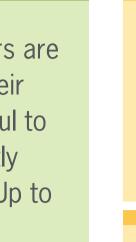


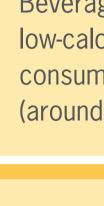
reasonable benchmark.

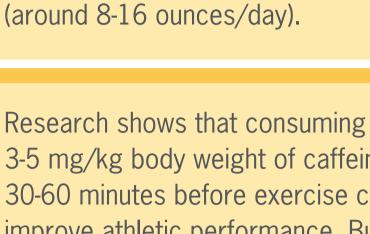
DRINK MORE

Coffee, plain









3-5 mg/kg body weight of caffeine 30-60 minutes before exercise can improve athletic performance. But

DRINK SOME

progressing towards "drink some" a priority. Did you know that tonic water has roughly as much sugar as soda?!

Tonic water

Soda and sweetened energy

lot from this category, make

drinks contribute more sugar to

the average diet than any other

food or drinks. If you're drinking a

Tea, heavily

sweetened

and/or creamed

PMS symptoms

Downsides of coffee:

"Slow metabolizers" of caffeine may

pressure, disrupted sleep, or worse

experience increased blood

Too much caffeine can stimulate

anxiety and disrupt sleep

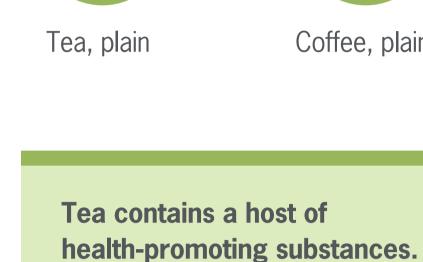
DRINK LESS

Coffee, heavily

sweetened

and/or creamed

and/or creamed





antioxidants

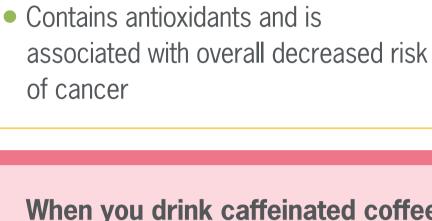
sweeteners and flavors. "Plain" doesn't have to be boring, though. There are still plenty of "drink more" options. Drip coffee French press Pour over

Herbal teas: Caffeine-free, packed

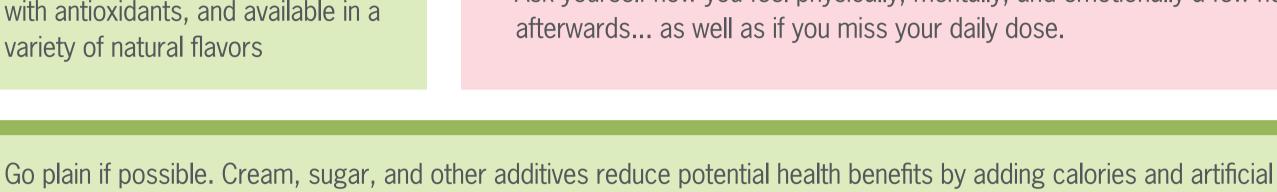
with antioxidants, and available in a

variety of natural flavors

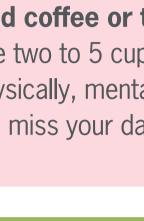
of cancer



Espresso



Cold brew



 Limit total consumption of the two to 5 cups/40 ounces (1200 ml) per day. Ask yourself how you feel physically, mentally, and emotionally a few hours

Yerba Mate

DRINK LESS

Plant milks,

sweetened

If you're struggling to gain lean

Matcha tea

Dairy milk,

flavored

Pea milk



Iced coffee

Instant coffee



Plant milks,

unsweetened

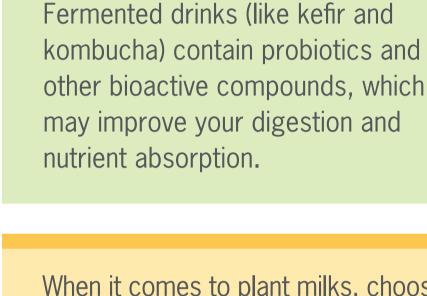
Americano

milks as "drink less."

If environmental sustainability is

Dairy milk,

plain



Kefir, plain

When it comes to plant milks, choose unsweetened when possible. For variety, consider trying:

Rice milk

DRINK MORE

Super Shakes

displace solid meals. Never heard

https://www.precisionnutrition.com

/super-shake-creation-infographic

of a Super Shake? Check out



Protein shakes

Kefir, flavored/

sweetened







Coconut water



Almond milk

Limit Super Shakes to one or two Coconut water can be a fine Consider sports drinks in the "drink some" category during training or daily. Otherwise, they start to recovery drink after lots of

perspiration, but it does contain

calories and sugar. Look for

versions without added sugar.

DRINK LESS

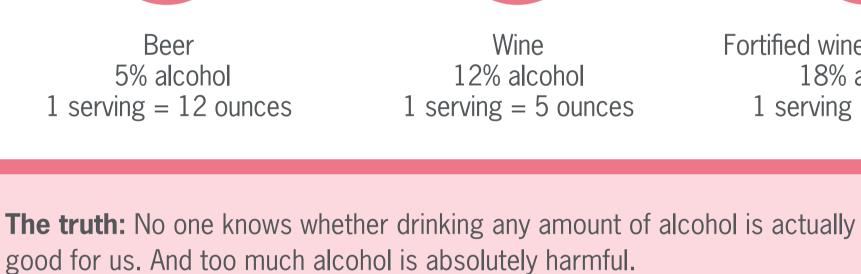
DRINK SOME

Sports drinks,

lightly or artificially

sweetened

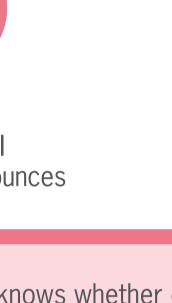




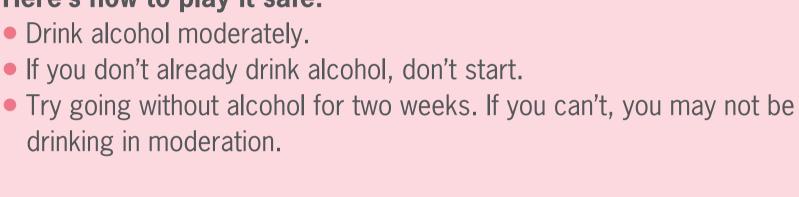
Here's how to play it safe:

Drink alcohol moderately.

drinking in moderation.







To learn more about alcohol, check out https://www.precisionnutrition.com/quit-drinking

"drink more"

12% alcohol

1 serving = 5 ounces







drinks/day



All of your drinks currently

bodybuilding or elite athletic

You're paid for your body's

looks or performance

fall into the green and

yellow categories

competition

You're preparing for a

 You want to look, feel, and a half-marathon ultramarathon perform better than you do now You want to look, feel, and You want above-average perform a little better than health, body composition, or athletic performance average

Most of your drinks currently

fall into the red and yellow

You exercise moderately or

are training for an event like

categories

- Total daily intake:
- - Use the below tools and guidelines to make your own personal spectrum.

2

3

Yellow drinks

I want to incorporate:

HOW TO ADD BEVERAGES TO THE SPECTRUM

- PREFERENCES AND LIFESTYLE Context matters. Your red, yellow, and green lists will be unique to you.
- You're training for a major athletic event, like an

A DAILY DRINK INTAKE THAT WORKS FOR MOST

Drinking just water, coffee, and tea is great, but it isn't your only option. If you want to

enjoy more variety, here's a framework for balancing your choices without overdoing it.

categories

24 ounces. Range: 0-40 ounces **Waters** 48 ounces. Range: 20-64 ounces **ADJUST FOR YOUR**

Alcohol* / Juice / Soda

*Alcohol fits into this approach when consumed moderately, using the guidelines above.

unsweetened or lightly sweetened

Red drinks

I want to indulge in:

12 ounces. Range 0-12 ounces/day

Dairy or Plant Milk,

16 ounces. Range: 0-24 ounces

Tea or Coffee,

unsweetened

At some point, you're going to want to drink something that isn't on our lists. Or move drinks around to better suit your needs. (For example, you're an athlete who needs to

2

Make your body, performance,

and/or recovery worse?

100%

Does it have added sugar or fat?

THEN, ASK:

IT'S ALL RELATIVE Remember, just because a drink falls in the red or yellow sections



doesn't mean it's forbidden.

DIET

Find a balance that works for you.

How do I feel mentally and

physically when I drink this

beverage?

Make your body, performance,

How processed is

this drink?

consume sports drinks more often.) Here's how to decide where they fit.

and/or recovery better?

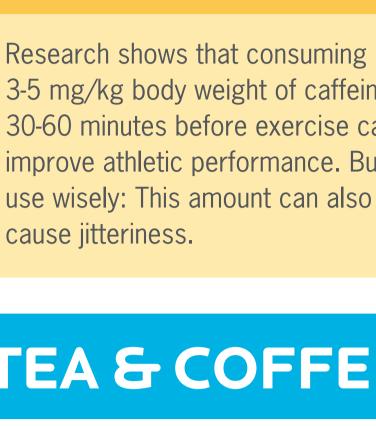
Or artificial sweeteners? WITH THIS INFORMATION, DETERMINE

Precision Nutrition

Spring water

"Eight glasses of water a day" isn't supported by scientific evidence, but it's still a reasonably good rule of thumb. Get a healthy amount of water by: Drinking when you're thirsty Sipping, not guzzling

Beverages with artificial and low-calorie sweeteners are fine to consume in moderate amounts







Regular drinkers may have lower risk

of Parkinson's and Alzheimer's





Milkshakes





even the "drink more" category

during competition.



Most of your drinks currently

fall into the yellow and green

"drink less"

CHOOSE DRINKS BASED ON YOUR GOALS

The amount you drink from each section will depend on what you drink now, and what

your goals are. Aim to get a little bit better; you don't have to do a complete overhaul.

THESE PROPORTIONS MAY WORK FOR YOU IF...

"drink some"

100 ounces

Most of your drinks currently

fall into the red category

You're new to exercise or

exercise moderately

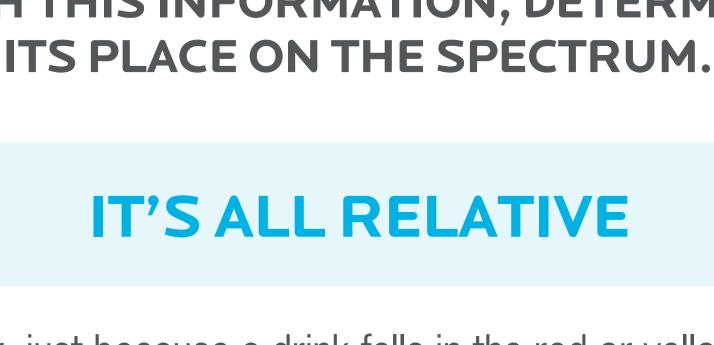
CREATE YOUR OWN SPECTRUM Green drinks I like or want to try:

2

3

4

FIRST, CONSIDER HOW IT HELPS YOU REACH YOUR GOALS. **WILL THIS DRINK:** OR



Don't worry about completely revamping drinking habits overnight.

Make drink choices based on your goals and current habits.

For the full article explaining this infographic, visit:

www.precisionnutrition.com/what-should-i-drink-infographic