



EVERY DAY BEGINS WITH A SIP.  
*Sip Smarter.*



## 2021 Opened With New 2020-2025 Dietary Guidelines for Americans

In the final days of 2020, the latest version of the Dietary Guidelines for Americans was released. The new edition also marks the first time the Guidelines provide recommendations by life stage, from birth through older adulthood. As it relates to juice, the Dietary Guidelines remained positive toward juice and noted that:

- juice is still part of the fruit and vegetable group;
- it's one of the primary beverages to be consumed along with water and low-fat milk;
- the beverage can easily fit into a healthy dietary pattern.

When it comes to the newest addition of birth-24 months, 100% juice is allowed in appropriate amounts after 1 year of age. Juice is also mentioned as important for older adults.

[Read the Sip Smarter blog](#)



## Don't Leave American Heart Month in February

American Heart Month is every February, but just because the month is winding down is no reason to get lax about heart health needs. One hundred percent juices, like cranberry juice, pomegranate juice, orange juice, and beet juice have all been shown to have heart healthy benefits. That's because 100% juices naturally supply nutrients that can help your heart like potassium, magnesium and folate, as well as numerous beneficial antioxidants like anthocyanins. Juice can be incorporated in a number of ways in order to live a heart healthier lifestyle. Read the blog linked below for more information.

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### Pomegranate Nice Cream

This healthy dessert is not only low in calories, but uses heart healthy pomegranate juice for added benefits. This Pomegranate Nice Cream is made with 100% pomegranate juice, and only takes a total of 4 ingredients and 40 minutes to make, including freeze time.

[Read More](#)



### Orange Cranberry Oatmeal

Another heart healthy juice option is cranberry juice. Combining the flavors of cranberry with the protein and health benefits of oatmeal is a great way to start your morning. Plus, it tastes great too, with the other flavors of orange juice, cinnamon, and walnuts.

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