



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



## 2020 Closes out with the 2020-2025 Dietary Guidelines for Americans

The end of 2020 marked the release of the latest version of the Dietary Guidelines for Americans. The new edition also marks the first time the Guidelines provide recommendations by life stage, from birth through older adulthood. This is great news for families, who will be able to purchase the best food choices for their needs and their kids' needs. As it relates to juice, the Dietary Guideline 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](#)



## Commit to a Healthier 2021 with Sip Smarter

If you're looking to make a fresh and healthy start in 2021, you're not alone. Now is the time to live out those resolutions and Sip Smarter wants to be part of that journey. One-hundred percent fruit juice contains beneficial vitamins, minerals, and bioactives. Additionally the healthy components of juice can support your immune system and replace less healthy ingredients in a number of recipes, including sugar, cream, and more. Take the first step to a healthier 2021 at Sip Smarter.

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### Pomegranate Nice Cream

Make healthier dessert choices healthier this year! You can start with this Pomegranate Nice Cream. Made with 100% pomegranate juice, this healthy sweet treat only takes a total of 4 ingredients and 40 minutes to make, including freeze time. Enjoy!

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### Citrus Berry Cooler

Are you participating in "Dry January"? Looking to carry that into February? If so, there are plenty of ways to make your beverages tasty, healthy, and alcohol free, without resorting to water-only. Enjoy this Citrus Berry Cooler, made with 100% orange juice, raspberry and lemon sorbet, fresh raspberries, and mint leaves!

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