

EATING SMART ON THE RUN



Making Smart Drink Choices



DRINK WATER

- Drink **six to eight** 8-ounce glasses of water each day
- Drink more water when it is very warm or you are more physically active
- Keep a water bottle handy in the car, at home, work or school
- Drink water before, during and after physical activity
- Encourage children to drink water

DRINK MILK

- **Children 1-2 years:** 2 cups per day of whole milk
- **Children 2-8 years:** 2 cups per day of fat-free or low-fat milk
- **Children 9 years and older:** 3 cups per day of fat-free or low-fat milk
- **Adults:** 3 cups per day of fat-free or low-fat milk

- Enjoy milk with meals
- Enjoy milk on cereal
- Enjoy milk in hot beverages
- Enjoy yogurt to go
- Enjoy frozen yogurt
- Enjoy yogurt smoothies

DRINK 100% JUICE

- **Infants:** No juice before 6 months. Offer juice in a cup, not a bottle. Do not give juice at bedtime. Juice should be limited to no more than **4 ounces** a day.
- **Children ages 1-6:** Limit juice to **4 to 6 ounces** per day.
- **Children ages 7 to 18:** Limit juice to **8 to 12 ounces** per day.
- **Adults:** Select whole fruits—fresh, frozen, canned or dried—rather than juice to get enough fiber.

DRINK FEWER REGULAR SOFT DRINKS

- Make them a sometimes drink.
- Drink smaller portions.
- Drink diet soft drinks or tea sweetened with low-calorie sweeteners.



FRUIT SMOOTHIES

Makes 2 servings
Serving Size: 1 cup

Choose 1/2 cup of a fruit

- Bananas
- Strawberries
- Peaches
- Blueberries

Choose 1 cup of a base

- Low-fat plain yogurt
- Frozen juice concentrate, such as apple or orange
- Low-fat vanilla yogurt
- Frozen fruit
- Low-fat vanilla frozen yogurt
- Ice cubes

Choose 1/2 cup of a liquid

- Low-fat or fat-free milk
- Calcium-fortified soy milk
- 100% fruit juice



Example 1

- 1/2 cup strawberries
- 1 cup low-fat vanilla yogurt
- 1/2 cup fat-free milk

Example 2

- 1/2 cup banana
- 1 cup frozen orange juice
- 1/2 cup low-fat milk

Example 3

- 1/2 cup blueberries
- 1 cup low-fat frozen vanilla yogurt
- 1/2 cup orange juice



Eat Smart

Directions

Put all the ingredients in a blender and mix until smooth. Serve immediately. This will give you enough for two people. If there are more than two of you, you can make twice as much.

Nutrition information Per Serving

140 Calories
Total Fat 2 g
Saturated Fat 1 g
Protein 8 g
Total Carbohydrate 23 g
Dietary Fiber <1 g
Sodium 115 mg



Excellent Source of Vitamin C

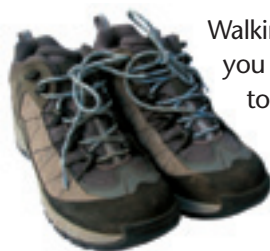


Excellent Source of Calcium

Recipe analyzed according to Example 1.

Nutritional value will vary with choices made.

TAKE A WALK



Walking is one of the simplest activities to do. All you need is a good pair of shoes and a safe place to walk. This week take a walk after lunch or dinner, or get off one bus stop early on your way to work. Which day(s) this week will you take a walk?



Move More