

# Making Smart Drink Choices

## DRINK MILK

- **INFANTS:** Offer only breast milk or iron-fortified formula before 1 year of age
- **CHILDREN 1-2 YEARS:** Up to 2 cups per day of whole milk
- **CHILDREN 2-8 YEARS:** Up to 2½ cups per day of fat-free or low-fat milk
- **CHILDREN 9 YEARS AND OLDER:** Up to 3 cups per day of fat-free or low-fat milk
- **ADULTS:** Up to 3 cups per day of fat-free or low-fat milk
- **MILK ALTERNATIVE:** Fortified soy milk is the only plant-based milk alternative considered part of the dairy group.

### ENJOY MILK WITH MEALS

- MILK ON CEREAL • MILK IN HOT BEVERAGES
- YOGURT TO GO • LOW-FAT FROZEN YOGURT • YOGURT SMOOTHIES



## 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, and at work, or at school.
- Drink water before, during, and after physical activity.
- Encourage children to drink water.
- Make water your number one choice to drink.

## DRINK 100% JUICE

- **INFANTS:** No juice is recommended before 12 months.
- **CHILDREN AGES 1-8:** Limit juice to just **4 ounces per day**. Do not give at bedtime. Offer in a cup, not a bottle. To reduce sugar, dilute juice with water, making it half juice and half water.
- **CHILDREN AGES 9 AND UP:** Limit juice to **4 to 10 ounces per day**. To reduce sugar, dilute juice with water, making it half juice and half water.
- **ADULTS:** Select whole fruits—fresh, frozen, canned, or dried—rather than juice.


## DRINK FEWER SUGAR-SWEETENED BEVERAGES

- Make soda, sports drinks, energy drinks, fruit drinks, and sweetened coffees and teas a sometimes drink.
- Drink smaller portions.
- Drink water instead.



# Fruit Smoothies

Makes 2 servings | Serving Size: 1 cup

 **Look for Local:** Think about buying fruit in season, and freeze to save the great taste all year round.

## Choose 1/2 cup of a fruit

- Bananas
- Peaches
- Strawberries
- Blueberries

## Choose 1 cup of a base

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

## Choose 1/2 cup of a liquid

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

## Nutrition Information

### Per Serving

110 Calories	
Total Fat	1.5 g
Saturated Fat	1 g
Protein	8 g
Total Carbohydrate	14 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.*

### 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

## 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.



# 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?**