

Eating Smart on the Run

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 fatfree 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 plantbased milk alternative considered part of the dairy group.





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.

Nutrition

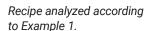
Information

Per Servina

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

Nutritional value will vary with choices made.

Choose 1/2 cup of a fruit

- Bananas
- Strawberries
- Peaches
- Blueberries

Choose 1 cup of a base

- Low-fat plain yogurt
- Undiluted frozen juice concentrate,
- Low-fat vanilla yogurt
- such as apple or orange
- Low-fat vanilla frozen yogurt
- Frozen fruit
- · 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 1/2 cu
- 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

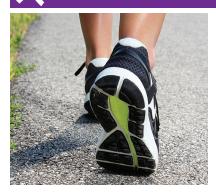
Example 3

- 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.

★ MOVE MORE



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?