

# 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 to 2 years:** 2 cups per day of whole milk
- **Children 2 to 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. Juice should be limited to no more than **4 ounces** a day. Do not give juice at bedtime.
- **Children ages 1 to 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
- Low-fat vanilla yogurt
- Low-fat vanilla frozen yogurt
- 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

### 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?

