

The Power Up Eat Right Program's

MONTHLY MINDER

www.powerupeatright.com

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For more information about the Power Up Program, please call 1-800-215-7494.

Make Better Beverage Choices

What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices:

- Drink water instead of sugary drinks.
- Let your thirst be a guide. Water is an important nutrient for your body. Drink plenty of water if you are very active or when you are in hot conditions.
- Save money by drinking tap water from home instead of buying bottled water.
- Make a kid-friendly drink zone. Have water, low-fat or fat-free milk, or 100% juice ready to go in the refrigerator. Limit juice to 1/2 cup to 1 cup daily.
- Enjoy your beverage. When water just won't do, enjoy the beverage of your choice, but just cut back. Drink smaller serving sizes.
- Bring water to go. Fill a clean, reusable bottle to take with you. Wash it daily! Reusable bottles are easy on the environment.
- Compare what you drink by checking the nutrition facts on the label. Choose the ones with the lowest sugar and fat.



Did You Know?

Depending on your choice, a 12-ounce serving of a sweetened soft drink, fruit-flavored drink, iced tea or lemonade can have close to 52 grams of sugar.

One teaspoon of sugar is equal to 4 grams of sugar.

52 grams divided by 4 grams per teaspoon = 13 teaspoons of sugar.

January

Wellness Corner Connection

Visit our Power Up website to stay updated on the newest information! www.PowerUpEatRight.com

On our website you will find:

- Office locations and Power Up Educators
- Materials and handouts
- Student blogs
- Healthy recipes
- Events and News
- And much more!



Recipe Of The Month: Cranberry Apple Beverage

Ingredients

- 1 1/2 cups 100% cranberry apple juice
- 1/2 cup 100% orange juice
- 1/2 cup seltzer water

Directions

1. Combine 3/4 cup cranberry apple juice and 1/4 cup orange juice in 2 tall glasses.
2. Pour 1/4 cup seltzer into each glass, then fill with ice cubes or crushed ice.



Nutrition Information Per Serving - 1 serving (10oz)

Calories 130, Total fat 0g, Saturated fat 0g, Trans fat 0g, Cholesterol 0mg, Sodium 10mg, Carbohydrate 31g, Dietary Fiber 1g, Protein 0g

RECIPE SOURCE: <https://whatscooking.fns.usda.gov/>

Kitchen Clips

About 60% of your body is water.

Choosing a healthy beverage is a great first-step to an overall healthy diet.

Put a splash of 100% fruit juice in your glass of water for a refreshing drink.

Soft drinks have lots of added sugar and provide no vitamins or minerals.

Limit your beverages with added sugar.

Make sure your kids see you drinking water.

Q: What room can be eaten?

A: A Mushroom!