

Think Smart about Drink Choices

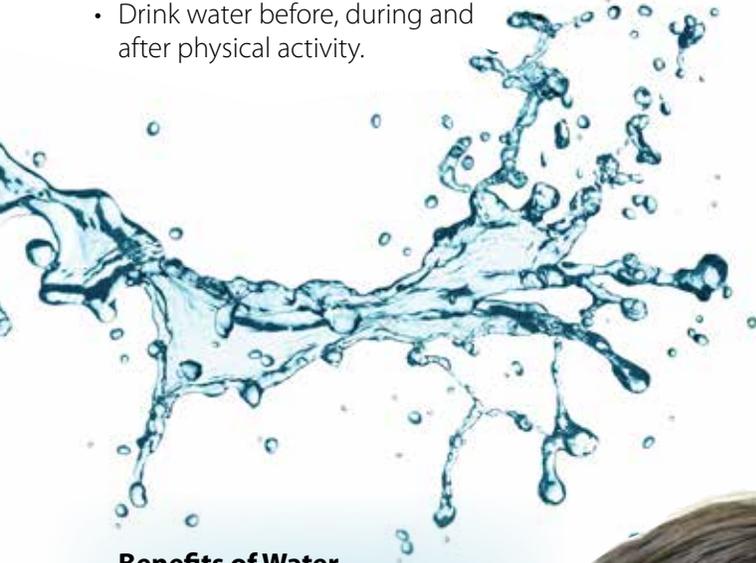


Woman's Center for Wellness

Fitness | Nutrition | Relaxation | Therapy

Water

- Drink 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.



Benefits of Water

- Regulates body temperature
- Lubricates joints
- Lessens the burden on the kidneys and liver by flushing out waste products
- Carries nutrients and oxygen to the cells
- Prevents constipation
- Dissolves nutrients to make them accessible to the body
- Protects organs and tissues

Milk

- Ages 1-2, drink two cups per day of whole milk.
- Ages 2-8, drink two cups per day of fat-free or low-fat milk.
- Age 9 and older, drink three cups per day of fat-free or low-fat milk.

Juice

- Ages 1-6, limit juice to four to six ounces per day.
- Ages 7-18 and adults, limit juice to no more than ½ the recommended servings of fruit per day.
- Eat whole fruits, fresh, frozen, canned or dried, rather than juices to make sure you get enough fiber.



Soft Drinks

- Drink smaller portions.
- Drink diet soft drinks or tea sweetened with low-calorie sweeteners.
- Limit sugar-sweetened drinks – sports drinks, Kool-aid®, sodas, etc.
- Avoid energy drinks and caffeine.

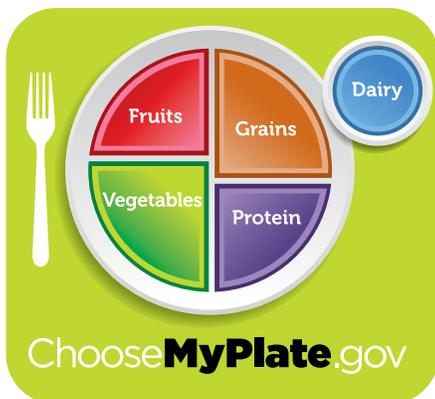
Sports Drinks

- Not recommended for most children
- Drink limited amounts for prolonged vigorous exercise. Drinking water before, during and after exercise is usually sufficient.



7 Unhealthy Eating Habits for Children

1. **Grazing throughout the day instead of eating planned meals and snacks**
2. **Skipping meals**
3. **Super-sizing portions**
4. **Drinking soda or juice with meals instead of water or a high calcium beverage**
5. **Serving meals buffet style instead of serving controlled portion meals**
6. **Eating beyond fullness**
7. **Not using the 'Choose My Plate' guide to balance meals**



These behavior tips also may help:

- Serve as a good role model for your child by eating healthy foods, including vegetables.
- Encourage more chewing to help your child register fullness.
- When your child complains of hunger after eating, divert their attention with an activity or wait 15 minutes and then, if still hungry, offer a nutritious snack.
- Implement 'The Age Bite Rule' for trying new foods or vegetables – a bite of vegetables or new food for each year in your child's age as the minimum goal.
- Allow seconds on vegetables only.
- Become an active family, limiting screen time (computer, video games and TV) to two hours per day.

Ways to Help Your Child Avoid Unhealthy Eating Habits

- **Provide** healthy foods.
- **Encourage** eating of breakfast.
- **Review** lunch menus with your child's day care or caretakers.
- **Get** your child to help in the kitchen; even young children can help with simple tasks.
- **Serve** appropriate portions to your entire family.
- **Identify** and limit treats such as sweets and soft drinks.
- **Discourage** the use of food as a reward; try stickers instead.
- **Use** tools to combat hunger, including delay tactics such as offering fruit or vegetables when your child is hungry or a beverage instead of food.
- **Slow** down the pace of eating.
- **Read** food labels.
- **Teach** balanced eating to all family members.
- **Establish** eating-out rules – such as no soft drinks or fried foods.



A Rainbow of Healthy Eating

White

Banana
Brown Pear
Date
Cauliflower
Garlic
Ginger
Jerusalem Artichoke
Jicama
Kohlrabi
Mushroom
Onion
Parsnip
Potato
Shallot
Turnip
White Corn
White Nectarine
White Peach

Benefits: Improves immune health, decreases risk of breast, colon & prostate cancer, balances hormones

Red

Beet
Blood Orange
Cherry
Cranberry
Guava
Pink Grapefruit
Papaya
Pomegranate
Radicchio
Radish
Raspberry
Red Apple
Red Bell Pepper
Red Chili Pepper
Red Grape
Red Onion
Red Pear
Red Potato
Rhubarb
Strawberry
Tomato
Watermelon

Benefits: Fights free radicals, reduces LDL cholesterol, supports joint health, decreases blood pressure

Orange & Yellow

Apricot
Butternut Squash
Cantaloupe
Cape Gooseberry
Carrot
Golden Kiwifruit
Grapefruit
Lemon
Mango
Nectarine
Orange
Papaya
Peach
Persimmon
Pineapple
Pumpkin
Rutabaga
Sweet Corn
Sweet Potato
Tangerine
Yellow Apple
Yellow Beet
Yellow Fig
Yellow Pear
Yellow Pepper
Yellow Potato
Yellow Summer Squash
Yellow Tomato
Yellow Watermelon
Yellow Winter Squash

Benefits: Reduces LDL cholesterol, fights free radicals, promotes collagen, supports bone and joint health

Green

Artichoke
Arugula
Asparagus
Avocado
Broccoflower
Broccoli
Broccoli Rabe
Brussels Sprout
Celery
Chayote Squash
Chinese Cabbage
Cucumber
Endive
Green Apple
Green Bean
Green Cabbage
Green Grape
Green Onion
Green Pear
Green Pepper
Honeydew
Kiwifruit
Leafy Greens
Leek
Lettuce
Lime
Okra
Peas
Snow Pea
Spinach
Sugar Snap Pea
Watercress
Zucchini

Benefits: Increases cancer prevention, boosts immune system, supports healthy vision, reduces LDL cholesterol

Blue & Purple

Blackberry
Black Currant
Black Salsify
Blueberry
Dried Plum
Eggplant
Elderberry
Grape
Plum
Pomegranate
Prune
Purple Asparagus
Purple Belgian Endive
Purple Cabbage
Purple Carrot
Purple Fig
Purple Grape
Purple Pepper
Purple Potato
Raisin

Benefits: Fights inflammation, improves mineral absorption, healthy digestion, reduces LDL cholesterol



Eating Healthy on a Budget

Make a List and Stick to It

Plan your meals for the week. Look in your pantry and refrigerator to see what items you already have. Make a list of what you need to buy before you head to the store. While you shop, don't add items not on your shopping list. The longer you're at the grocery store, the more money you will spend.

Pay Attention to the Price Per Unit

Locate the unit price on the shelf directly below the product. If it is not listed on the shelf, simply divide the price by the number of ounces or pounds. Use this to determine which product is the most economical.

Get the Best Price

Check the newspaper, online and at the store for sales and coupons. Look for sales on meat and seafood since these are often the most expensive items on your list. Sometimes coupons and sales promote pricier items that you don't usually buy.

Be Smart about Produce

Buying fruit and vegetables in season can lower costs. Compare fresh, frozen and canned products in order to select the best option. Check out the local farmers market; fresh produce may be less expensive there.

Choose the Store or Generic Brands

Brand-name items are often more expensive than the store or generic brands and usually have the same ingredients at a fraction of the price.

Buy in Bulk

It is usually cheaper to buy in bulk. Family packs of meals, chicken, frozen vegetables and potatoes are smart choices. Check your freezer space before you shop to be sure you have room to store everything.

Convenience Costs

Pre-packaged meals like frozen dinners, pre-cut vegetables and instant items will cost more to purchase than if you cook them yourself.

Try Cheaper Choices

Buy items like beans for an inexpensive protein option. Try adding a bean-based meal

twice a week to save money. For cheaper vegetable options, try carrots, greens or potatoes. For cheaper fruit options, try apples and bananas.

Cook Once or Twice for the Whole Week

Prepare large batches and freeze in individual containers. Use them throughout the week and you won't need to eat out as often.

Eat Before you Shop

If you go to the store hungry, you are more likely to buy unhealthy items you do not need. Be sure to eat a healthy snack before you shop.





1. Establish eating out rules to reduce calories and fat.
2. Limit the following foods:
 - Fried foods, such as chicken nuggets, French fries and fried fish; with few exceptions, if it's crunchy, it's fried
 - Extra meat toppings on pizza
 - Cream sauces, cheese sauces, gravies and salad dressings
 - Beverages with sugar, such as soda, juice and iced tea
 - Bread, crackers, Chinese noodles
 - Fancy desserts
3. Substitute the following foods:
 - Milk for soft drinks
 - Plain hamburgers for cheeseburgers
 - Cheese or veggie pizza for meat pizza
 - Light/fat-free salad dressing or vinegar/lemon for creamy salad dressing
 - Grilled meats for fried meats
 - Fish with lemon for fried fish or fatty meats
 - Baked potato or veggies for French fries
4. Refuse the bread basket
5. Drink water or eat raw veggies to curb appetite
6. Order pasta dishes with tomato sauce or non-creamy sauces
7. Order salads with small portions of meat and cheese; avoid bacon bits and olives
8. Take home oversized portions in a doggie bag
9. Order a vegetable
10. Share desserts



Best Food for Kids

- Yogurt
- Baked or pan broiled sweet potatoes
- Broccoli
- Wheat bread and whole-grain cereal
- Milk

Worst Foods for Kids

- Prepackaged lunches
- Instant-flavored noodles
- Hot dogs
- Fruit leather
- Doughnuts
- Soda

Healthy Eating Environments

- Encourage children to eat only in approved areas – no eating in the car or in his or her bedroom.
- Turn the TV off and have a conversation at dinner while eating together.
- Develop rules for snacks such as must ask permission or select from an approved box of snacks.
- Prevent grazing throughout the day by having structured eating in approved places.
- Develop a reasonable meal schedule. Late night dinner times can contribute to overeating.



Check the Nutrition Label

A healthy snack meets these guidelines:

- Less than 10 grams of sugar per serving
- More than 4 grams of fiber per serving
- Less than 5 grams of fat per serving

Nutrition Facts	
Serving Size 1 cup (228g)	
Serving Per Container 2	
Amount Per Serving	
Calories 110	Calories from Fat 30
% Daily Value*	
Total Fat 5g	10%
Saturated Fat 5g	15%
<i>Trans</i> Fat 3g	
Cholesterol 10mg	10%
Sodium 210mg	40%
Total Carbohydrate 21g	30%
Dietary Fiber 7g	2%
Sugars 10g	0%
Proteins 5g	0%
Vitamin A	Vitamin A 4%
Vitamin C	Vitamin C 2%
Calcium	Calcium 20%
Iron	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Fresh Fruits and Vegetables are Always the Best Option

Use fruits and vegetables your children love for snacks. Expose them to new choices. It can take up to 12 times of offering a new food before a child will try it, so be patient. Keep flavor, color and texture in mind. Bring children shopping and involve them in the preparation process.

Try some of these for snacks:

- Baby Carrots
- Bananas
- Bell Pepper Strips
- Blueberries
- Broccoli
- Cantaloupe
- Cauliflower
- Celery
- Craisins & Raisins
- Cucumber
- Cumquats
- Dates
- Fresh Pitted Cherries
- Kiwi
- Mango
- Pineapple
- Radishes
- Raspberries
- Raw Squash & Zucchini
- Strawberries
- Tomatoes
- Watermelon

Variety is the Key to Success

Have your children make smoothies by blending together some of their favorite berries or other fruits with skim milk or make fruit kabobs with a variety of fruits. A snack serving is 4-6 ounces.



10 Ways to Eat More Vegetables



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Vegetables provide vitamins and minerals and most are low in calories. To fit more vegetables into your meals, follow these simple tips.

Discover Fast Ways to Cook

Fresh or frozen vegetables in the microwave make a quick and easy dish – steam green beans, carrots or broccoli in a bowl with a small amount of water.

Be Ahead of the Game

When time is limited, use pre-packaged cut bell peppers, carrots or broccoli. Enjoy them on a salad, with hummus or in a veggie wrap.

Choose Vegetables Rich in Color

Brighten your plate with vegetables that are red, orange or dark green as they are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes or collard greens.

Check the Freezer Aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach or sugar snap peas to some of your favorite dishes or as a side dish.

Stock up on Veggies

Canned vegetables are a great addition. Look for reduced, low-sodium or no salt added.

Make your Garden Salad Glow with Color

Use colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage or watercress.

Sip on Some Vegetable Soup

Try tomato, butternut squash or garden vegetable soup. Look for reduced or low-sodium.

Better Restaurant Options

If dinner is away from home, order an extra side of vegetables or side salad instead of the typical fried side dish.

Savor the Flavor of Seasonal Vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys or visit your local farmers market.

Try Something New

You never know what you may like. Choose a new vegetable to add to your recipe or look up a new recipe online.

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Best food for kids:

- Yogurt
- Baked or pan broiled sweet potatoes
- Broccoli
- Wheat bread and whole-grain cereal
- Milk

Worst foods for kids:

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