

WELLNESS WAYS



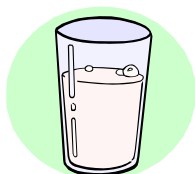
UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less






June 2009



Better Beverage Choices



**Choose fat free, low-fat (1%) milk and water often.
Drink small amounts of 100% fruit juice.**

-  Drink water as needed especially on hot days and when active.
-  In most situations, bottled water is not better or safer than regular tap water.
-  Get 3 cups of fat-free or low-fat (1%) milk every day; kids ages 2 to 8 need 2 cups. *(In general, 1 cup of yogurt, 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group.)*
-  Most 100% fruit juices have very little fiber and are high in sugar.
 - Children 1 to 6 years of age should have only ½ - ¾ cup of 100% fruit juice per day.
 - Children 7 to 18 years of age should not drink more than 1 - 1½ cups of 100% fruit juice per day.
-  Avoid sweetened beverages called “fruit punch” or “fruit drinks” that look like juice and have very little fruit juice.



Lactose intolerance means a person cannot digest milk properly.

- Symptoms may include gas, diarrhea, stomach ache and bloating.
- Lactose intolerant people should try drinking milk as part of a meal rather than alone and drink small, more frequent portions of milk or choose milk products such as cheese, yogurt, or lactose-free milk.

Easy Fruit Smoothie Serves 4.

5 to 6 ice cubes

1 cup cold water

3/4 cup frozen juice concentrate

1 teaspoon vanilla (optional)

1 cup fat free or 1% milk

3 Tablespoons sugar



1. Crush the ice in a blender. You can also wrap the ice in a clean cloth and crush it with a hammer or rolling pin.
2. Add juice, milk, water, and vanilla to blender or other container with a tight lid.
3. Blend or shake well.
4. Pour into glasses and serve immediately.

NUTRITION FACTS (per serving made with 1% milk) - Calories 150 ~ fat .5 g ~ calories from fat 5 ~ sodium 35 mg ~ total carbohydrate 33 g ~ fiber 0 g

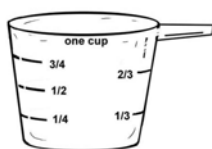
If you drink one 12-ounce can of soda everyday, how much sugar do you eat in one year?



12-ounce can

about 10 teaspoons

of sugar



365 cans / year

76 cups of sugar

34 pounds of sugar



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