Rethink Your Drink

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For more information on ways to lead a healthier lifestyle visit our website gethealthyct.org
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August 2016
Diets to Help Manage Specific Health Issues

Visit the NEW Get Healthy CT website at: [www.gethealthyct.org](http://www.gethealthyct.org) to learn about diets to help manage specific health issues.
## How Sweet Is It?

**Calories and Teaspoons of Sugar in 12 Ounces of Each Beverage**

For more information, see The Nutrition Source, www.hsph.harvard.edu/nutritionsource/healthy-drinks/

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Calories</th>
<th>Teaspoons of Sugar</th>
</tr>
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<tbody>
<tr>
<td>Cranberry Juice Cocktail</td>
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<tr>
<td>Orange Soda</td>
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<td>Orange Juice</td>
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<td>Cola</td>
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<td>FDA Definition of Reduced Calorie</td>
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<td>Sports Drink</td>
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<td>New Target for Food Industry</td>
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<td>Coffee With a Sugar Packet</td>
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<tr>
<td>BEST BET: SUGAR-FREE NATURALLY (Water, Tea, Etc.)</td>
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**Key**

- **170** Total Calories
- **10** Teaspoons of Sugar
- **RED**: Drink Sparingly and Infrequently
- **YELLOW**: A Better Choice, but Don’t Overdo It
- **GREEN**: Best Choice

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For more information, see The Nutrition Source, http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/

**Calories, Grams of Sugar, and Teaspoons of Sugar in 12 Ounces of Each Beverage**

<table>
<thead>
<tr>
<th>Beverage Category</th>
<th>Calories</th>
<th>Grams of Sugar</th>
<th>Teaspoons of Sugar</th>
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<td><strong>Smoothies and Flavored Milk</strong></td>
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<td>Homemade Fruit Cooler (recipe on <a href="http://www.thenutritionsource.org">www.thenutritionsource.org</a>)</td>
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<tr>
<td>Stonyfield Farm® Raspberry Smoothie</td>
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</tbody>
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> 1 TEASPOON OF SUGAR = 4.2 GRAMS OF SUGAR

The Nutrition Source does not endorse specific brands, and the inclusion of brand-name beverages on this list does not constitute an endorsement.

Calories, grams of sugar, and teaspoons of sugar are calculated or obtained from Nutrition Facts information provided by beverage manufacturers’ Web sites. Values are calculated with the assumption that all carbohydrate is from sugar. Calculations are approximate, due to rounding. Some products are available in sizes that are smaller or larger than 12 ounces. Beverage manufacturers may change product formulation and availability at any time. Use beverage manufacturers’ Web sites as the best source of information on nutrient content.

For complete source information, see www.thenutritionsource.org.

*Some yellow-category beverages listed in this chart have slightly more than 12 g sugar in 12 oz; they have been included because they are close to the 1g/oz guideline.*
When Choosing Drinks, Ask:

How can I make every sip count? Drink natural, nutrient-packed beverages like milk, 100% juices and water to boost your nutrition.

Did I drink 2-3 cups of milk today? If not, drink low-fat or fat-free milk to build strong teeth and bones.

Am I thirsty? Choose water to stay hydrated without adding extra calories. Use tap water and add ice cubes to save money. Add flavor with sliced fruit or cucumber.

What if I don’t like the taste of tap water? Leave water overnight in an open container. Chlorine evaporates so water tastes better.

What should I do with the large drink from a meal combo at fast food restaurants? Substitute low-fat or fat-free milk, water or split a drink with family.

What’s in Your Drink?

Find the serving size. One container isn’t always one serving. This container has 3 servings. Drinking the whole container is 510 calories!

Limit added sugars. Milk or 100% juice should be listed first.

Read ingredients. Milk or 100% juice should be listed first.

Choose Most Often

Water
Milk: Low-fat or fat-free
100% juice
Unsweetened beverages

Drink Less Often

Soda
Sports drinks, energy drinks
Fruit-drinks
Sweetened teas, coffees and other beverages

I Will Drink More: I Will Drink Less:

Bebidas: Asegúrese de que cada sorbo le beneficie

¿Qué contiene su bebida? Lea las etiquetas

¿De qué tamaño es su bebida?

Este vaso es el tamaño exacto de una taza o el equivalente a 8 onzas.

Compare su recipiente con este y luego lea la etiqueta para ver cuánto está tomando.

<table>
<thead>
<tr>
<th>Elija con mayor frecuencia</th>
<th>Beba con menos frecuencia</th>
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<tbody>
<tr>
<td>Agua</td>
<td>Soda</td>
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<tr>
<td>Leche: Baja en grasa o sin grasa</td>
<td>Bebidas deportivas, bebidas energizantes</td>
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<tr>
<td>Jugo 100% natural</td>
<td>Bebidas de frutas</td>
</tr>
<tr>
<td>Bebidas sin endulzantes</td>
<td>Bebidas con endulzantes</td>
</tr>
</tbody>
</table>

¿Qué hago si no me gusta el sabor del agua de la llave? Deje el agua en un recipiente abierto durante toda la noche. El cloro se evapora y el agua sabe mejor.

Nutrition Facts
Serving Size: 8 fl oz (245g)
Servings Per Container: 3

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
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<tbody>
<tr>
<td>Calories: 170</td>
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<tr>
<td>Calories from Fat: 20</td>
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<td>Trans Fat: 0g</td>
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<td>Cholesterol: 5mg</td>
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<td>Sodium: 190mg</td>
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<td>Total Carbohydrate: 29g</td>
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<td>Dietary Fiber: 1g</td>
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<td>Sugars: 27g</td>
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<td>Protein: 8g</td>
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<tr>
<td>Vitamin A: 10%</td>
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<tr>
<td>Calcium: 30%</td>
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</table>

*Percent Daily Values are based on a 2,000 calorie diet.

¿Qué hago con la bebida grande que me dan en los restaurantes de comida rápida? Substitúyala por leche baja en grasa o sin grasa, o por agua, o compartala con la familia.

¿Cuando elijan bebidas pregúntense:

¿Qué puedo hacer para que cada sorbo me beneficie?
Beba líquidos naturales y ricos en nutrientes como la leche o los jugos 100% de frutas que estimulan su nutrición.

¿Tomé hoy de 2 a 3 tazas de leche?
Si no, beba leche baja en grasa o sin grasa para que sus huesos y dientes se mantengan fuertes.

¿Tengo sed?
Para mantenerse hidratado, beba agua simple. Para ahorrar dinero beba agua de la llave con cubitos de hielo. Déle sabor agregándole fruta picada o pepino.

Desarrollado por el Dairy Council of California ©2010, revisar 2013, en colaboración con la Orange County Nutrition and Physical Activity Collaborative (NuPAC). Financiado por el Supplemental Nutrition Assistance Program del Departamento de Agricultura de los Estados Unidos. Departamento de Salud Pública de California.

MM/D8-141,500 (TS225)
Sparkling Water with Lemon, Mint, Apple slices and Ice

Did you know diet drinks may actually cause weight gain? Containing 5 calories or less per serving, many diet drinks lead us to believe we are choosing a healthy beverage. Wrong!

Diet soda contains artificial ingredients including sweeteners that appear to increase cravings in the human body for other sweet things, so in the end you consume more calories, sweeter foods and desserts. So what should we choose when looking for healthy alternatives to diet sodas or artificially added drinks?

**Artificial Ingredients and Your Metabolism**

Not only do artificially added drinks make you crave more sweets, but artificial sweeteners also contribute to weight gain by slowing your metabolism. Cutting out diet soda may actually cut calories from your daily intake in the long run, but you’ll probably miss that calorie-free fizz. So to ease your pain, here are a few ideas to replace your diet soda favs with homemade alternatives that help you develop a taste for naturally sweet and healthy flavors.

All you need when breaking away from drinking diet soda is a little club soda, a few fruits and herbs to make your life a little sweeter, and still sparkling. Try these delicious, and healthy alternatives to diet or artificially sweetened drinks. Combine the ingredients and serve.

**Sparkling Pomegranate Tea**

- 2 cups water
- ½ cup pomegranate juice
- ¼ cup sparkling water
- ½ cup cold organic green tea
- 2 tbs organic honey

Citrus fruits contain soluble and insoluble fiber that can help you feel full, like an appetite suppressant. They also nourish the body with vitamins and minerals while helping the body detoxify. Citrus is great for cleansing the body of unwanted materials, including toxins,
chemicals and preservatives found in common foods and drinks like soda. They taste great, with a sweet & sour flavor. Try a little cilantro with this to spice things up!

**Citrusade**

- 1 ½ cups water
- 2 tbs organic honey
- ¾ cup fresh lemon juice (3-4 lemons)
- ½ cup fresh orange juice (2 oranges)
- ¼ cup fresh lime juice (2-3 limes)
- 1 qt chilled club soda or ionized water

Want to get the party started? Frozen drinks make it cool to chill out.

**Agua Fresca de Melon**

- 7 cups seeded watermelon chunks
- ¼ cup packed fresh mint leaves
- 12 oz sparkling water or ionized water
- Natural sweetener (i.e. organic honey) to taste
- Sprig of mint

Rev-up your metabolism with green tea! For an added antioxidant boost, add blueberries or red grapes to this deliciously healthy, cold & bubbly drink! And if you can’t have carbonation, try ionized water in place of sparkling water.

**Melon Lime Cooler**

- 1 small honeydew melon
- ½ cup seedless red grapes
- ½ cup freshly squeezed lime juice
- ½ cup honey
- 2 cups sparkling water


Flavored Water Recipes

Fruits and vegetables you might want to try alone or in combinations:

- orange
- lemon
- lime
- watermelon
- cantaloupe
- berries - either single berry or mixed berries
- cucumber
- mango
- pineapple

Citrus Cucumber Water

- 1 large lemon, sliced
- 1 large lime, sliced
- 1 large orange, sliced
- 1 large cucumber, sliced
- 1 half gallon of water

Place all fruits and vegetables in a pitcher and add water. Allow flavors to blend at least two hours before serving in glasses over ice. Store in refrigerator and drink within 24 hours.

Orange Mint Water

- 3 large oranges, sliced
- 10 mint leaves
- 1 half gallon of water

Place mint and orange slices in a pitcher and add water. Allow flavors to blend at least two hours in the refrigerator. Pour in glasses over ice and serve garnished with an orange slice and a sprig of mint. Store in refrigerator and drink within 24 hours.

Cucumber Melon Water

- 1 large cucumber, sliced
- 1/4 honeydew melon, cubed
- 1/4 cantaloupe, cubed
- 1 half gallon of water

Place cucumber, melon, and cantaloupe in a pitcher and add water. Allow flavors to blend at least two hours and then serve in glasses over ice. Store in refrigerator and drink within 24 hours.

Watermelon Basil Water

- 2 cups of seedless watermelon, cubed
- 10 to 12 basil leaves
- 1 half gallon of water

Pour water over watermelon and basil. Refrigerate at least two hours and then serve in glasses over ice, garnished with a sprig of basil. Store in refrigerator and drink within 24 hours.
Honeydew Lime Water
- 2 to 3 slices of ripe honeydew melon
- 1 lime, sliced
- 4 sprigs of mint
- 1 half gallon of water

Add melon slices, lime slices and mint sprigs to a large pitcher. Fill with water and refrigerate two to four hours. Serve in glasses over ice. Store in refrigerator and drink within 24 hours.

Citrus Cilantro Water
- 1 large lemon, sliced
- 1 large lime, sliced
- 1 large orange, sliced
- 1/4 cup cilantro leaves
- 1 half gallon of water

In a large pitcher, pour water over citrus fruits and cilantro. Refrigerate at least two hours. Serve in glasses over ice and garnish with an orange slice and sprig of cilantro. Store in refrigerator and drink within 24 hours.

Frozen Fruit Water
- 2 cups frozen apple chunks, grapes, or berries
- 1 half gallon of water

Add frozen fruit to a pitcher. **NOTE:** Frozen grapes and berries are a choking hazard for children – slice grapes and/or berries into quarters. Pour water over fruit and let sit at least an hour in the refrigerator. Stir to distribute fruit flavor and serve in glasses over ice. Store in refrigerator and drink within 24 hours. (You can chop up the same kind of fruit, unfrozen, and follow same directions. You’ll need to use more ice and/or chill longer when serving the unfrozen fruit-flavored water.)

Strawberry Water
- 4 sliced strawberries
- 8 cucumber slices
- 1 half gallon water

In a large pitcher, add 4 sliced strawberries and 8 cucumber slices. Fill with water and refrigerate two to four hours. Serve in glasses over ice. Store in refrigerator and drink within 24 hours.

Rosemary Berry Water
- 1 cup fresh blueberries, lightly crushed
- 2 4-inch sprigs of fresh rosemary, lightly crushed (to release more flavor)
- 1 half gallon of water

Add blueberries and rosemary sprigs to a large pitcher. Fill with water and refrigerate two to four hours. Serve in glasses over ice. Store in refrigerator and drink within 24 hours.

For CalFresh information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. •California Department of Public Health.
My Promise
To Rethink My Drink:

☐ I promise to be a role model by limiting my sweetened drinks such as:

☐ I promise to keep my family healthy by not buying or serving sweetened drinks, such as:

☐ I promise to:

Signature
Date

Nutrition Facts
Serving Size 1 can (12 fl. oz.)
Servings Per Container 1

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How much sugar is in your drink?

grams (g) of sugar ÷ 4 = teaspoons of sugar

Example:

40 g ÷ 4 = 10 teaspoons of sugar

Check the number of servings per container!

Tips for drinking more water:

- Add lemon or lime to your water
- Try the spa water recipe above
- Cold water may taste better
- Have a glass of water at the table for every meal
- Have a glass of water near you when you are working
- Drink water when you feel like snacking
- Drink water when you eat out – it’s free!
- Go green and save money – take a refillable bottle of water with you

Spa Water Recipe

Fill a pitcher with cool water. Add ½ cup thinly sliced cucumber and ½ cup fresh mint leaves. Chill in refrigerator. Enjoy!

Try different combinations of flavors:

Thin slices: lemon, lime, orange, grapefruit, cucumber, apple, berries, melon, pineapple, fresh ginger

Fresh whole leaves or sprigs: mint, basil, rosemary, parsley

California WIC Program, California Department of Public Health
This institution is an equal opportunity provider.

Edmund G. Brown Jr., Governor, State of California
Diana Dooley, Secretary, California Health and Human Services Agency

IC# 910209 (4/11)
Mi promesa de pensar bien lo que tomo:

☐ Prometo ser un modelo a seguir limitando mi consumo de bebidas endulzadas tales como:

☐ Prometo mantener saludable a mi familia no comprando ni sirviendo bebidas endulzadas, tales como:

☐ Prometo:

Firma: __________________________ Fecha: ____________

Receta de agua de spa

Llene una jarra con agua fría. Agregue ½ taza de un pepino cortado en rebanadas delgadas y ½ taza de hojas de menta frescas. Enfríela en el refrigerador. ¡Disfrútela!

Intente usar diferentes combinaciones de sabores:

Rebanadas delgadas de: limón amarillo, limón verde, naranja, toronja, pepino, manzana, moras, melón, piña, jengibre fresco

Hojas o ramitas frescas enteras de: menta, albahaca, romero, perejil

Nutrition Facts

¿Cuánta azúcar contiene su bebida?

gramos (g) de azúcar ÷ 4 = cucharaditas de azúcar

Ejemplo:

40 g ÷ 4 = 10 cucharaditas de azúcar

¡Revise el número de porciones por envase!

Consejos para beber más agua:

• Añada limón amarillo o verde a su agua
• Pruebe la receta anterior para hacer agua de spa
• El agua fría puede saber mejor
• Tenga un vaso de agua en la mesa en cada comida
• Tenga un vaso de agua a la mano mientras esté trabajando
• Tome agua cuando se le antoje comer un bocadillo
• Tome agua cuando coma afuera – ¡es gratis!
• Cuide el ambiente y ahorre dinero llevando una botella de agua rellenable a donde vaya

Programa WIC de California, Departamento de Salud Pública de California
Esta institución es un proveedor que ofrece igualdad de oportunidades

Edmund G. Brown Jr., Gobernador del Estado de California
Diana Dooley, Secretaria de la Agencia de Salud y Servicios Humanos de California

IC# 910209 (4/11)
make better beverage choices

10 tips to get started

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.

1. Drink water
   Drink water instead of sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

2. How much water is enough?
   Let your thirst be your guide. Water is an important nutrient for the body, but everyone’s needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

3. A thrifty option
   Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4. Manage your calories
   Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5. Kid-friendly drink zone
   Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.

*100% juice is part of the Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake.

6. Don’t forget your dairy**
   When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.

7. Enjoy your beverage
   When water just won’t do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8. Water on the go
   Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.

9. Check the facts
   Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

10. Compare what you drink
    **Food-A-Pedia**, an online feature available at www.SuperTracker.usda.gov, can help you compare calories, added sugars, and fats in your favorite beverages.

** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.
10 consejos para empezar

Lo que bebes es tan importante como lo que comes. Muchas bebidas contienen azúcar y ofrecen pocos o casi ningún nutriente, mientras que otras contienen nutrientes pero mucha grasa y también muchas calorías. Aquí presentamos algunos consejos para ayudarte a seleccionar mejor tus bebidas.

1. bebe agua
   Cuando tengas sed, bebe agua en vez de bebidas azucaradas. Las gaseosas o refrescos, bebidas energéticas y otras bebidas azucaradas contienen mucha azúcar, estas bebidas contienen más calorías de las que necesitas. Para mantener un peso saludable bebe agua u otras bebidas sin o con pocas calorías.

2. cuánta agua es suficiente?
   Deja que tu sed te guíe. El agua es un nutriente importante para el cuerpo, pero cada uno tiene necesidades diferentes. Muchos de nosotros adquirimos agua suficiente de los alimentos y las bebidas que consumimos. Un cuerpo saludable puede balancear los requerimientos de agua. Bebe abundante agua si eres muy activo, si vives o trabajas en condiciones calurosas, o si eres de la tercera edad.

3. una opción barata
   El agua es usualmente barata. Puedes ahorrar dinero tomando agua potable de la casa o cuando vas a comer fuera.

4. maneje sus calorías
   Beba agua con las comidas y entre las comidas. Los adultos y los niños beben cerca de 400 calorías por día, beber agua podría ayudarte a manejar tus calorías.

5. zona de bebidas para niños
   Haz que el agua, la leche sin o baja en grasa, o los jugos 100% de frutas sean una opción fácil en casa. Prepárala y ten listos en el refrigerador botellas de agua o bebidas saludables para cuando salgas de casa, guárdalas en las mochilas o las loncheras de los niños. Dependiendo de la edad, los niños pueden beber de ½ a 1 taza de jugo* 100% de frutas o vegetales al día y los adultos pueden beber hasta una taza.

6. no olvides tu leche**
   Cuando tomes leche u otras bebidas alternativas, selecciona leche sin o baja en grasa, o leche de soya fortificada. Cada tipo de leche ofrece la misma cantidad de nutrientes como calcio, vitamina D, y potasio, pero el número de calorías varía. Los niños mayores, adolescentes y adultos necesitan 3 tazas de leche por día, los niños de 4 a 8 años de edad 2½ tazas y los niños de 2 a 3 años 2 tazas.

7. disfruta tu bebida
   Cuando no desees agua, disfruta tu bebida favorita pero en pocas cantidades. Recuerda chequear el número de porciones en la etiqueta de la lata, botella o vaso para mantener las calorías que necesitas. Selecciona envases pequeños en vez de los grandes.

8. agua para el camino
   El agua es siempre conveniente. Llena una botella reusable limpia con agua y ponla en tu bolsa para cuando estés sediento. Las botellas reusables también protegen el medio ambiente.

9. chequea la información de la etiqueta
   La etiqueta contiene información nutricional sobre la cantidad total de azúcares, grasas y calorías, úsala para escoger mejor tus bebidas.

10. compara los nutrientes de tus bebidas
    Food-A-Pedia, es una opción disponible online en ChooseMyPlate.gov/SuperTracker, para ayudarte a comparar las calorías, azúcares y grasas de tus bebidas favoritas. (Food-a-pedia y SuperTracker están disponibles sólo en inglés.)

**La leche es parte del grupo de los lácteos. Una taza = 1 taza de leche o yogur, 1½ onza de queso natural, o 2 onzas de queso procesado.
The Miracle That Is WATER
What does water do for the human body?

- Prevents loss of memory as you age.
- Leasens addictive urges, including caffeine, alcohol and certain drugs.
- Decreases the heart by causing it to pump faster to get sufficient oxygen to your muscles.
- Water is essential for the body to sweat and release toxins.
- Cleanses the kidneys and removes waste from various parts of the body.
- Allows the body to release toxins and carry them to the liver and kidneys for removal.
- Lubricates joints and lessens discomfort from arthritis or back pain.
- Slows down the aging process and makes skin smooth.

75% of Americans are chronically dehydrated.

The Lesson to be Learned?
Drink More WATER
Sharing this picture can save lives.

A University of Washington study discovered that one glass of water stopped hunger pangs and increased mental acuity.

Source: www.stayinghealthy.org
Invest in a Reusable Water Bottle:
It can save you money, save the earth, and may even save your life!

During the summer months when we sweat, our hydration needs are higher. Keeping a reusable water bottle on hand to take advantage of local water fountains and drinking holes can be a smart way to save a few bucks while helping the environments and keeping you hydrated. Dehydration can lead to extreme thirst, irritability, feeling tired, dizzy, and nauseous. Severe dehydration can be life-threatening causing a drop in blood pressure, rapid heartbeat and shallow breathing. Sip on water throughout the day to maintain proper hydration that will give you the energy you need to enjoy these beautiful New England summer days!

Helpful Hints:
- Carry reusable water bottle- try a bright color or pattern to fit your personality and give your world an extra pop of color!
- Sip throughout day- depending on size of water bottle you should try to refill it at least 2-3 times a day
- Take advantage of free water instead of paying for beverages
  - Try the WeTap phone app for iPhone to find water fountains near you!
  - Use the free water provided at most self-serve soda fountains
- Try calorie free sparkling water and carry it in you reusable bottle to mix it up! Or...
- Fruit infused water- fruit also contains lots of water and is good for hydration- plus it’s tasty!

Eight glasses of water a day, at U.S. tap rates equals about $.49 per year; that same amount of bottled water is about $1,400.¹ Investing in a ten dollar reusable water bottle can save you hundreds or thousands of dollars a year. Some companies even donate the proceeds of water bottle sales to fund projects that bring clean drinking water to people in rural countries.

Many locations such as theme parks, sporting events, and movie theaters, which often charge a premium for a bottle of anything, are allowing individuals to bring in empty water bottles and take advantage of free water available inside these locations. This is a good way to save those extra dollars while out on a summer adventure. It is recommended to check the individual webpages or call particular locations before attending to see if they allow empty water bottles.

Did you know? The average American uses 167 disposable water bottles a year, but only recycles 38.² Many individuals choose to drink bottle water due to the image that it is somehow “healthier”. In reality, bottled water is less regulated than our public tap water, and studies have shown that bottled water is no safer than tap water. The energy we waste using bottled water would be enough to power 190,000 homes.³

Sources:
1. [https://www.banthebottle.net/bottled-water-facts/](https://www.banthebottle.net/bottled-water-facts/)
Panzanella (Bread Salad)

Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created A Pinch of Salt, LLC offering hands-on cooking instruction focusing on the preparation of healthy, gourmet, yet practical and inexpensive meals. Currently, Chef Raquel works closely with The Council of Churches of Greater Bridgeport (CCGB) providing extensive cooking education at local food pantries and community meal programs. Chef Raquel also provides outreach and cooking education for the Bridgeport Farmers Market Collaborative at the 7 farmers markets. This builds on her previous commitment with Wellness in the Schools, a NYC based nonprofit focusing on providing public school students nutritious meals which are reinforced through cooking educating in the classrooms and gardening. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers’ markets and community gardens.

Panzanella

**Ingredients:**

½ a crusty bread, (Tuscan) cubed, day old bread preferred  
1 large beefsteak tomato or 2 Romas or Plum tomatoes, diced  
½ English cucumber, diced  
½ small red onion, thinly sliced  
½ tbs. capers, rinsed  
½ tbs. red wine vinegar  
basil leaves, torn  
salt & pepper to taste  
extra-virgin olive oil

**Directions:**

1. Preheat oven to 425 degrees.  
2. In a roasting pan add bread. Drizzle with olive oil and season with salt & pepper. Bake bread for 10-15 minutes until golden. Remove from oven and set aside.  
3. Meanwhile in a large bowl combine tomatoes, cucumbers, onion, capers. Add vinegar, basil and season with salt and pepper. Add bread. Gently toss. Adjust seasoning if necessary. Set aside for at 20 minutes so flavors can mingle. Serve at room temperature.

**Chef Raquel Rivera-Pablo**  
**A Pinch of Salt, LLC**  
347-746-SALT (7258)  
www.apinchofsalt.com  
Raquel@apinchofsalt.com

Bringing Good Food for All
Chef Raquel se graduó con honores en el programa culinario en el Instituto de Educación Culinaria después de terminar su pasantía en Le Bernardin en Nueva York. En 2009, el chef Raquel creó una pizca de sal, LLC ofrece instrucción práctica de cocción se centra en la preparación de sana, alta cocina, sin embargo, las comidas prácticas y de bajo costo. Actualmente, el chef Raquel trabaja en estrecha colaboración con el Consejo de Iglesias de Greater Bridgeport (CCGB) proporcionar una amplia educación de cocina en las despensas de alimentos locales y programas de comidas de la comunidad. Chef Raquel también proporciona la divulgación y la educación para la cocción Bridgeport mercado de los granjeros de Colaboración en los 7 mercados de agricultores. Esto se basa en su compromiso previo con el bienestar en las escuelas, una ciudad de Nueva York sin fines de lucro basada centrándose en proporcionar a los estudiantes de escuelas públicas comidas nutritivas que se refuerzan a través de la educación de cocinar en las aulas y la jardinería. Chef Raquel es un apasionado de la educación de los grupos de jóvenes, familias, personas mayores y las comunidades sobre la importancia de la cocina saludable, la comprensión de la información nutricional, que se extiende de dólares de alimentos, la utilización de los mercados agrícolas y jardines de la comunidad.

**Panzanella (Ensalada de Pan)**

Sirve 4-6

**Ingredientes:**
- ½ pan crujiente, (Toscana) en cubos, día pan viejo prefiere
- 1 tomate grande filete o 2 Romas, o de ciruela tomates en cubitos ,
- ½ Inglés pepino, cortado en cubitos
- ½ cebolla roja pequeña, cortada en rodajas finas
- ½ cda. alcaparras, enjuagados
- ½ cda. vinagre de vino tinto
- hojas de albahaca, desgarrados
- sal y pimienta al gusto
- aceite de oliva virgen

**Direcciones:**
1. Precalentar el horno a 425 grados.
2. En un molde para hornear pan añadir. Rociar con aceite de oliva y sazonar con sal y pimienta. Hornear pan durante 10-15 minutos hasta que estén dorados. Retirar del horno y dejar de lado.
3. Mientras tanto, en un tazón grande mezcle los tomates, pepinos, cebolla, alcaparras. Añadir el vinagre la albahaca y sazonar con sal y pimienta. Añadir el pan, mezcle. Rectificar la sazón si es necesario. Reservado para a los 20 minutos por lo que los sabores se pueden mezclar. Servir a temperatura ambiente.

**Chef Raquel Rivera-Pablo**

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**Bringing Good Food for All**
Monthly Health Challenge: 30-Day Calf Raises Challenge

Are you looking to tone your legs more? Well, maybe you should take the 30-Day Calf Raises challenge. Calf Raises is a leg exercise that helps strengthen and tone lower leg (gastrocnemius and soleus), knee cap and heels. This is also a great exercise to improve both your balance and posture.

How to perform the perfect calf raises?

1. Stand with your feet a shoulder length apart.
2. Lift your heel off the ground, preferably as high as you can. Try to shift your weight onto your toes.
3. Lower your heel back towards the ground, but not allowing your heel to touch between repetitions.

If you’re having trouble with balance, you can lean against a chair, table or even a wall. This exercise can be performed while sitting in a chair. To make this exercise more difficult, you can add ankle weights or try a one-legged calf raise.

For beginners, follow the Easy Track (E). For advanced performance, you should follow the Challenging Track (C).

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http://www.livestrong.com/article/506266-calf-raise-benefits/
El reto del mes: Elevaciones de la Pantorrilla

¿Quisiera que sus piernas luzcan más definidos? Pues bien, elevaciones de la pantorrilla puede ayudarle a lograr ese objetivo. Elevaciones de la pantorrilla es un ejercicio que se dirige principalmente a la rotula de la rodilla, el inferior de la pierna y los tacones. Este es un gran ejercicio para mejorar el equilibrio y la postura.

¿Cómo se hace las elevaciones de la pantorrilla?

1. Párese con los pies separados un ancho de los hombros
2. Levante el talón del suelo. Trate de cambiar su peso sobre los dedos del pie.
3. Baje sus talones atrás hacia el suelo, pero no permita que el talón toque entre las repeticiones.

Si tiene dificultad con el balance, se puede apoyar con una silla, mesa, o pared. También, se puede hacer al sentarse. Para hacer elevaciones de la pantorrilla más difícil, puede añadir pesas sobre los tobillos o en las manos.

Para principiantes, siga las instrucciones más fáciles (F). Para los ejecutantes avanzados, siga las instrucciones difíciles (D).

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