



Nurture – Adults Session 3

Lean Protein and Portion Control

Agenda

20 minutes	<ul style="list-style-type: none"> Welcome, sign-in, new participants complete waivers and intake forms Exercise Share experiences, tips, answer questions <ul style="list-style-type: none"> Did anyone use the slow cooker? What did they make? Did they have any problems/successes? Any questions /comments from last week's lesson?
15 minutes	<ul style="list-style-type: none"> Lesson: Lean Proteins, Lentils, Taste Herb Lentil Soup discuss possible substitutions - Recipe Framework
10 minutes	<ul style="list-style-type: none"> Lesson: Beans Taste Chili and discuss possible substitutions using Recipe Framework
15 minutes	<ul style="list-style-type: none"> Hands-on Cooking : Avocado Bean Dip, serve with carrots/celery sticks Discuss using as appetizer, how fiber fills, how eating with veggies helps subdue over eating
20 minutes	<ul style="list-style-type: none"> Lesson: Portion Control Kids lesson review – If there isn't time for this, review it at the beginning of the next class
5 minutes	<ul style="list-style-type: none"> Complete session and recipe evaluations and distribute items

Additional Materials need for class

Program Management materials - (Waivers and Forms in Nurture Adult Slow Cooker Series Planning Guide)	<ul style="list-style-type: none"> Name Tags Sign-in Sheet Program Waivers Health and Behavior Forms Recipe Evaluation Forms Session Evaluation Forms 			
Cleaning supplies and Food Serving and Teaching Supplies – (In Nurture Storage Unit)	<table border="0"> <tr> <td> <ul style="list-style-type: none"> Wipes Sponge Dish soap Dish towels </td> <td> <ul style="list-style-type: none"> Plates Bowls Spoons Cups </td> <td> <ul style="list-style-type: none"> Napkins 2 Ladles Bag dried lentils Jar chili powder </td> </tr> </table>	<ul style="list-style-type: none"> Wipes Sponge Dish soap Dish towels 	<ul style="list-style-type: none"> Plates Bowls Spoons Cups 	<ul style="list-style-type: none"> Napkins 2 Ladles Bag dried lentils Jar chili powder
<ul style="list-style-type: none"> Wipes Sponge Dish soap Dish towels 	<ul style="list-style-type: none"> Plates Bowls Spoons Cups 	<ul style="list-style-type: none"> Napkins 2 Ladles Bag dried lentils Jar chili powder 		

	<ul style="list-style-type: none"> • Paper towels • Water pitcher Jar cumin
Food Demonstration supplies	<ul style="list-style-type: none"> • Slow cooker of Herb Lentil Soup– 1 recipe • Slow cooker of Chili – 1 recipe <p>If making Avocado Bean Dip the following will be needed</p> <ul style="list-style-type: none"> • 3-15oz cans black beans • 1 avocado • 14.5 oz can diced tomatoes • Fresh basil • Olive oil, lemon juice • Very small jar sundried tomatoes • Carrot and celery sticks • Possibly crostini or pita chips, possibly parmesan or crumbled feta • 1 spatula • 1 blender • 1 bowl for Avocado Bean Dip • 2 small bowls for sundried tomatoes and basil • 2 pizza cutters • Strainer or colander • 2 cutting boards • 1 to 2 can openers
Teaching Aids	<ul style="list-style-type: none"> • Easel • Pad of paper • Sharpie • MyPlate & MyPlate Spanish, Super size, Nutrition Label • Deck of cards, ½ cup measure, 1 tablespoon measure, baseball • Samples of 12” dinner plate and 8.5” dinner plate • Macaroni or rotini, large spoon, and plate.
Supplies for Participants	<ul style="list-style-type: none"> • Cookbook/Notebook • Slow cookers • Groceries • Tupperware for sending home participants with extra food (optional)

Everyone washes hands if exercise meant getting on floor.

Lesson: Lean Proteins

Goals:

- Participants will learn the importance of consuming lean protein.
- Participants will be able to identify lean protein sources.

Today we are going to talk about protein, portions and how to make the best choices for your overall health. First let's talk about protein.

Can you tell me some good sources of protein? (chicken, meat, fish, beans, lentils, seeds, nuts, dairy etc.)

Why is protein important?

- Protein, along with fat and carbohydrate, is an important nutrient that provides energy to fuel your body.
- Protein helps build bone, muscle, cartilage, skin, and blood.
- Proteins make up enzymes, hormones, and vitamins, and are essential for almost all the processes of our bodies. Without protein in our diets, we would become severely malnourished.
- Proteins are also sources of fat, so it's important to choose lean protein sources.

What are the best protein sources for our bodies?

It's best to choose lean protein sources most of the time because lean proteins don't have lots of saturated and trans fats that can be bad for your heart.

The goal isn't to cut out fat overall, but to encourage healthy fats from your protein sources. Healthy sources of fat are important for your heart and reduce the risk of heart disease.

Lean protein sources include

- Skinless poultry, eggs, fish, pork loin, round steaks and roasts, loin and 90-95% lean beef are the leanest animal sources of protein.
- Try to include fish at least twice a week to get your important omega 3 fatty acids. Great fish sources include salmon, trout, and herring.
- Vegetarian sources of protein like beans and lentils contain very little fat. High fat vegetarian sources of protein like nuts, nut butters and seeds contain is heart-healthy fat. Vegetarian proteins also contain fiber, and animal sources do not. Fiber is also good for the heart, keeps you feeling full longer and keeps you regular.

Let's talk about lentils and beans in more detail. This is a soup made from Lentils (distribute samples of Herbed Lentil Soup.)

What is a Lentil? (First Section Cookbook after How to Use Meat Thermometer)



Lentils are small legume seeds that come whole or split in a variety of colors ranging from orange to pink to grayish green. Because they tend to grow mushy when cooked, they are often used as a base for lentil soup. (Show bag of dried lentils.)

Why Lentils are a Good Choice for your Family

Lentils are economical and nutritious!

Lentil ½ cup cooked	Calories	Fat	Sat Fat	Carb	Fiber	Protein	Vitamin	Minerals	Misc
Lentils	161	7	.5	18	7	7	Folate, Thiamin	Iron, Potassium, Magnesium, Zinc	**Great source of Iron

Lentils are a great vegetarian source of protein. They are also much lower in saturated fat and higher in fiber than animal sources of protein, which means good news for your heart and overall health!

** Foods high in Potassium and Magnesium help regulate blood pressure!

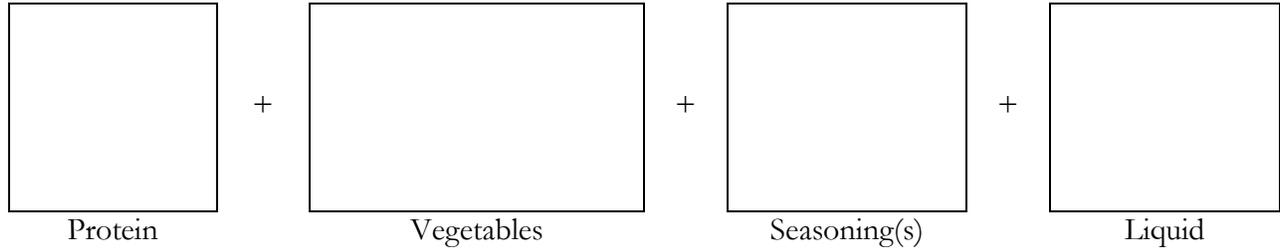
Store lentils in an airtight container in a cool, dry and dark place. Stored this way, they will keep for up to 6 months.

Cooking Lentils: To cook on in a pot on the stove, add 2 parts water to 1 part lentils, cover, bring to a boil, then simmer until tender. Depending on the age and variety of the lentil, cooking time can range from 10 minutes to an hour.

- Salt will harden the lentil and increase cooking time, so add salt at the end.
- Acid ingredients like tomatoes, wine and vinegar will also lengthen cooking time.

Example Recipe for your Slow Cooker: Herbed Lentil Soup (adapted from Karma Chow) - Sopa de Lentejas con Hierbas

For this recipe, use the Recipe Framework explicitly. Ask participants to rate the recipe and to brainstorm what if any ingredients they would change or add.



2 cups French Lentils

1 large sweet yellow onion, diced
 3 carrots, peeled & diced
 3 stalks celery, chopped small
 1 large shallot, diced
 1 leek, white part only, thinly sliced
 4 cloves garlic, minced
 5 plum tomatoes, diced or 1 can fire organic roasted diced tomatoes

2 tsp dried tarragon
 1 tsp dried thyme
 1 tsp paprika
 2 bay leaves
 1 tsp sea salt
 Ground black pepper to taste

6 cups veggie stock, low sodium or 3 veggie bouillon cubes and 6 cups water
 2 TBL Sherry wine vinegar, Champagne Vinegar, or Red Wine Vinegar

Combine in slow cooker. Cook in slow cooker* on high for 4-6 hours or on low for 8-10 hours.

Nutritional information per serving: 6 servings

Calories: 300		Vitamins/Minerals	
Fat:	1g	Vitamin A:	43%
Saturated fat:	0g	Vitamin C:	45%
% of daily total:	%	Calcium:	10%
Carbohydrates:	52g	Iron:	34 %
Fiber:	23g	Good Source of*: Vitamin A, Vitamin C, Calcium, Iron, B6, Copper, Mag, Manganese, Selenium, Niacin, Potassium, Zinc, Thiamin, Riboflavin, Folic Acid	
Sodium:	819mg**		
Protein:	21g	*10% or more of the RDA	

Based on 2000 calorie diet **based on 6 cups of low sodium broth

Distribute samples of Chili.

Why Beans are a Good Choice for your Family? (Last section, after Fiber is your Friend you'll find nutrition info for Lentils, split peas, beans)

1. Beans are economical when canned, and VERY economical when dried.
2. Beans are nutritious
 - Beans are a good source of folic acid, iron, magnesium and zinc, protein and fiber which is important for maintaining a healthy heart and supplying our bodies with the energy it needs.
 - Beans are a great alternative to high fat meats, which are high in saturated fat and extra calories that harm our hearts and diminishes our energy levels.
 - The fiber in beans can also help to keep us feeling fuller longer, aids in digestion and can even help to lower our cholesterol!

This chart shows some **examples** for the bean family:

Nutritional information per serving (1/2 cup canned)	Calories	Fat	Carbohydrates	Protein	Fiber	Saturated Fat
Black beans	114	0.5	20	8	7.5	0
Great Northern beans	149	0.5	27	10	6	0
Pinto beans	103	1	18	6	6	0
Red Kidney beans	109	0	20	7	8	0

Store beans in an airtight container in a cool, dry and dark place. Stored this way, they will keep for up to 6 months.

Using Canned Beans

Step	What to do	Directions
1	Drain	Drain beans in a colander.
2	Rinse	Rinse with cold water to wash away any packing liquid and excess salt.
3	Use in recipe	Beans will now be ready for use in your favorite bean recipe.

If you are looking for more bean recipes, we urge you to check out a free electronic book, *Beans: Bold and Beautiful Book of Bean Recipes* (a WIC publication).

In English: http://www.nal.usda.gov/wicworks/Sharing_Center/WA_beanbook.pdf

In Spanish: http://www.nal.usda.gov/wicworks/Sharing_Center/WA_beanbooksp.pdf

Cooking Dried Beans (First section of cookbook, after What is a Lentil)

Step	What to do	Directions
1	Sort	Pick beans over, removing any damaged beans, small stones or dirt.
2	Soak	<p>Options:</p> <p><u>Hot Soak</u>: Add 10 cups water for each pound (2 cups) of dry Beans; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for up to 4 hours.</p> <p><u>Quick Soak</u>: Add 10 cups hot water for each pound (2 cups) of dry beans; boil for 2 to 3 minutes. Remove from heat, cover and set aside for at least one hour.</p> <p><u>Overnight Soak</u>: Add 10 cups water for each pound (2 cups) dry beans and let soak overnight (or at least 8 hours).</p> <p>Beans expand up to three times their size when dry, so be sure to use a large enough pot!</p>
3	Cook	<p><u>Conventional method (Pot over stove):</u></p> <p>Drain soaking water and rinse off beans. Put in cooking pot and cover beans with fresh water. Simmer for 1 1/2 -2 hours or until tender.</p> <p><u>Slow Cooker method:</u></p> <p>Drain soaking water and rinse off beans. Put in slow cooker and cover beans with fresh water. For a slow cooker, the ratio of beans to water is 3 cups of water to 1 cup of beans. Cook beans 2-3 hours on high, making sure they are covered with water. When the beans are tender; turn the setting to low and let cook for an additional 6-8 hours.</p>
4	Use in recipe	Beans will now be ready for use in your favorite bean recipe.

Example Slow Cooker Recipe Using Beans & Lean Ground Beef

Teaching Tip: Chili powder is not always used in Hispanic communities. Bring sample to show.

Chili

Ingredients:
1 pound dried black beans, rinsed or 3-15oz cans of beans, drained and rinsed
1 pound 93% lean ground beef
3 - 14.5 oz cans diced tomatoes, undrained
1 large onion, diced
1 red pepper, cored and diced
1 jalapeno, cored and diced
3 cloves garlic, minced (about 2 teaspoons)
3 tablespoons chili powder - (this is one more than called for in the recipe)
1 teaspoon each cumin and salt
1 ½ teaspoon each oregano, basil, black pepper - (this is 3x as much as called for in the recipe)

of Servings: 10

Directions for dried beans: Quick Soak or Overnight Soak the black beans (see below). Drain off water and rinse beans. Put all ingredients in slow cooker. Cook on low for 6 to 8 hours or until beans are tender.

Directions for canned beans: Put all ingredients in slow cooker. Cook on low for 3 to 4 hours or until meat is cooked

Quick Soak: Place beans in a large pot, add 10 cups water, boil for 2 or 3 minutes. Remove from heat source, cover, and let soak at least 1 hour.

Overnight Soak: Place beans in a large bowl, add 10 cups water, and let soak overnight (or at least 8 hours).

Nutritional information per 1 and 1/4 cup serving

Calories:	307	Vitamins/Minerals
Fat:	10g	Vitamin A: 4%
Saturated fat:	4g	Vitamin C: 39%
% of daily total:	18%	Calcium: 11%
Carbohydrates:	37g	Iron: 25%
Fiber:	9g	Good Source of*: B vitamins, Magnesium, Manganese, Copper, Zinc, Selenium, Potassium, Calcium, Vitamin C and Iron
Protein:	19g	*10% or more of the RDA

Based on 2000 calorie diet

Optional Example Bean Recipe

Teaching Tips:

- This makes a LOT. It's challenging to do a whole recipe in a standard blender. Demonstrate both versions of the recipe by using half the ingredients for the standard version. Then repeat with the second half of the ingredient using the basil and sundried tomatoes as shown in the “different texture and taste” section below.
- If desired, get the participants involved with opening cans, draining and rinsing beans, peeling and seeding the avocado, chopping the basil & sundried tomatoes with a pizza cutter.
- If you have an oven available, try the crostini, dip, and cheese suggestion. If not, serve with carrot and celery sticks.

Avocado Bean Dip - Dip de Aguacate y Frijoles

Ingredients:
3 15 oz cans black beans, rinsed and drained of liquid
1 avocado
1 14.5 oz can diced tomatoes
Fresh basil
Seasoning (olive oil, lemon juice)

of Servings: 8

Directions: Place ingredients in a deep bowl and process with hand blender until desired consistency or place all ingredients in a traditional blender to process. Serve.

For a different texture and taste, coarsely puree the beans with the avocado. Mix in by hand a small jar of marinated sundried tomatoes, finely chopped and the basil. Spread on crostini and add a sprinkle of feta or parmesan cheese. Eat this way, or put under the broiler until the cheese melts.

Nutritional information per serving

Calories:	291	Vitamins/Minerals
Fat:	8g	Vitamin A: 3%
Saturated fat:	1g	Vitamin C: 9%
% of daily total:	5%	Calcium: 6%
Carbohydrates:	43g	Iron: 23%
Fiber:	16g	Good Source of*: B vitamins, Iron, Potassium, Magnesium, Zinc
Protein:	15g	*10% or more of the RDA

Based on 2000 calorie diet

Lesson: Portion Control

Goals:

- Participants will learn what constitutes a portion of lean protein and other food groups.
- Participants will learn some strategies for controlling their portions.

Materials:

- [MyPlate](#)
- Deck of cards, ½ cup measuring cup, 1 tablespoon, Baseball
- 12” dinner plate and 8/5” dinner plate
- Box of dried macaroni, rotini, or penne and paper plate
- [Supersizing Visuals](#), [Nutrition Label](#)
- [Portion distortion handout](#)

We’ve learned some recipes for using lean proteins. Now let’s talk about portion sizes. Please go to the last section of your cookbook and find the Portion Distortion sheet right after the nutritional information on Beans. Can anyone tell me what a serving of protein is and how much protein we need?

- A serving of meat, fish or poultry is 3 oz - about the size of a deck of cards.
- A serving of beans is ½ cup and a serving of nuts and seeds is about 1 oz (a small handful or 12 almonds, 24 pistachios). A serving of nut butter is 1 Tbsp.
- The My Plate visual helps us visualize what a serving of protein should look like on our plate: ½ of the plate should be fruits/vegetables, ¼ starch or grains and ¼ protein. **Is this how your plate usually looks? If not, which food group is out of proportion?**
- Most adults only need 5-6.5 ounce equivalents of protein per day. That would be 1 egg, 1 handful of almonds and one serving (3oz) of chicken for the entire day.
- Eating protein every day is important, but eating meat every day is not essential. Choose vegetarian sources of protein most days of the week (beans, lentils, nuts, seeds), fish at least twice a week and meats on occasion.

Does it surprise you what a serving size really should be?

- Plate sizes have changed over time. Today’s dinner plate is about 12” in diameter. How big do you think they were in the 1960’s? (8.5”) **Which size plate do you have at home?**
- Serving sizes are relatively constant; however, portion sizes have significantly increased in the last few decades. Consuming too much food has led to obesity and increased risk for diabetes and heart disease. All foods can be enjoyed in moderation, but it is important to keep in mind your portion size.
- In the last 20 years, [bagel sizes have nearly doubled](#). 20 years ago a bagel was- 3 inches in diameter and approximately 140 calories. Today, a bagel is 6 inches in diameter and about 350 calories. That’s a 200 calorie difference.

I'm going to spoon some pasta onto this plate. Imagine it is cooked. Tell me when you think I've reached one serving. (When they stop you measure out how much it is.)

- A serving of pasta is ½ cup, but the portion we're all used to eating is much more than that. In fact, a popular chain pasta restaurant typically serves 3-3.5 cup portions of pasta.
- Most restaurant portions are two times bigger than the established serving size. This means 2x the amount of calories.
- When McDonalds first opened in 1955, they offered one drink size, it was 6 oz. [Six oz is half the size of a can of cola](#). If you go to McDonald's today and order a soda, the kid's size is 12 oz (the size of a can) and the large soda is 32 oz!
- On the other hand, a serving of vegetables is 1 cup (the size of a baseball). A serving of leafy greens is 2 cups. We should aim for 5 servings or more of fruits and vegetables per day. How many vegetable servings were in your last fast food meal? (And potatoes count as a starch, not a vegetable).

What can you do to keep your serving sizes in check?

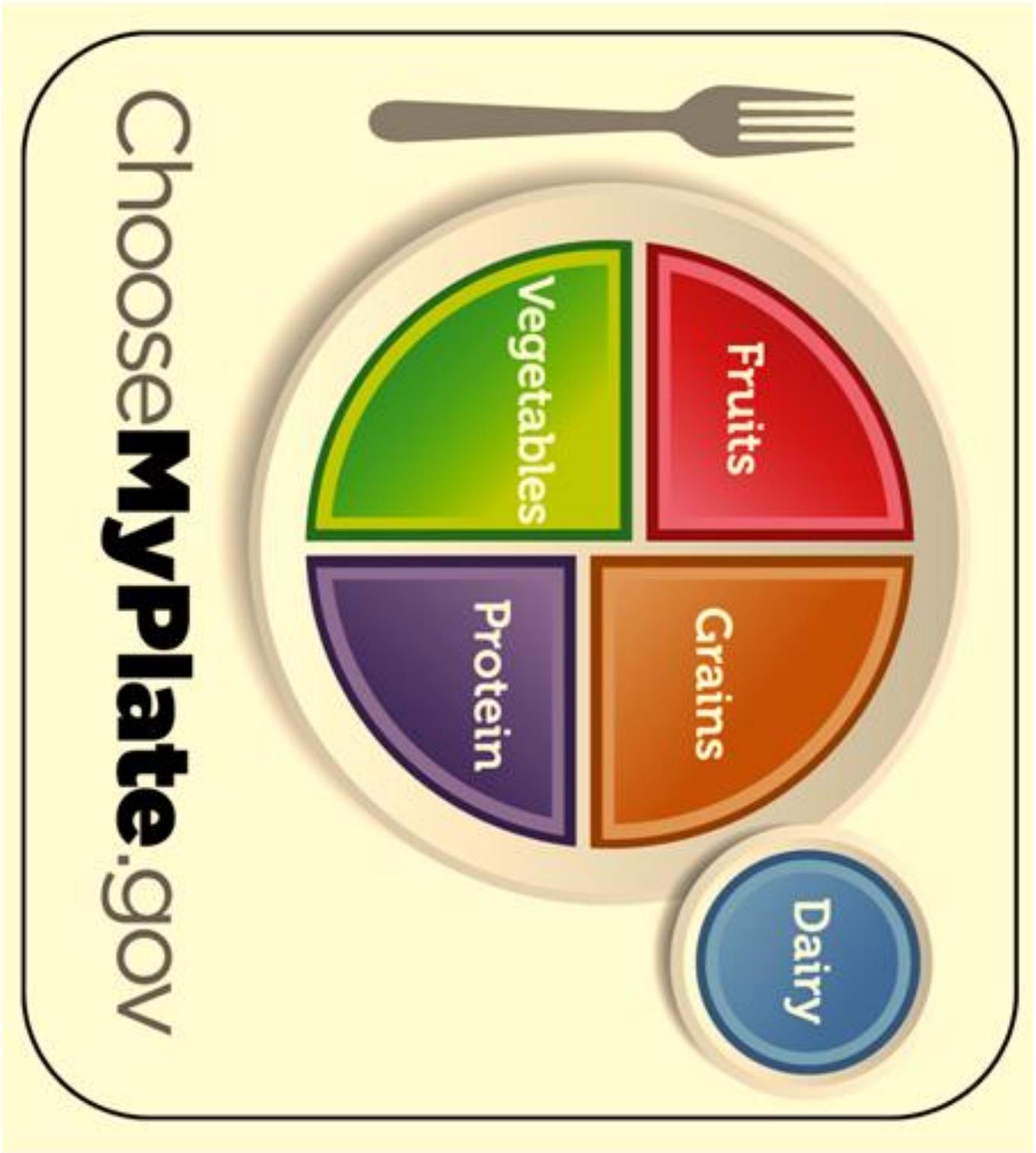
- Does it fit in your 2 hands? When determining an appropriate portion size for snack foods, a good rule of thumb is to not eat more than what can fit in two hands. It is easy to eat too much when you eat straight out of a bag or in front of the television. It is best to put an allotted amount of food on a plate or in a bowl, and put the remainder of the snack bag or box back in the pantry.
- All packaged foods are required to carry a [nutrition label](#). See the example on the lower right-hand corner of the Portion Distortion page. The nutrition label will tell you the amount of energy (calories) in one serving. This is where you need to read carefully. Many snack foods contain more than one serving. For example, even a small bag of potato chips may contain up to 4 servings; so although the label says 155 calories, you have to multiply everything by 4 if you eat the entire bag. How many calories would that be? (620 calories).
- To keep portion sizes in check when eating a meal, use MyPlate as a guide and remember to fill half your plate with fruits and veggies.
- Try using a salad plate for meals instead of your large dinner plate. People react to visual clues: The same amount of food looks like a lot on a small plate, so you'll feel more satisfied.
- Before going back for seconds, wait 10 or 15 minutes. The urge may pass as your body realizes how much it's eaten.

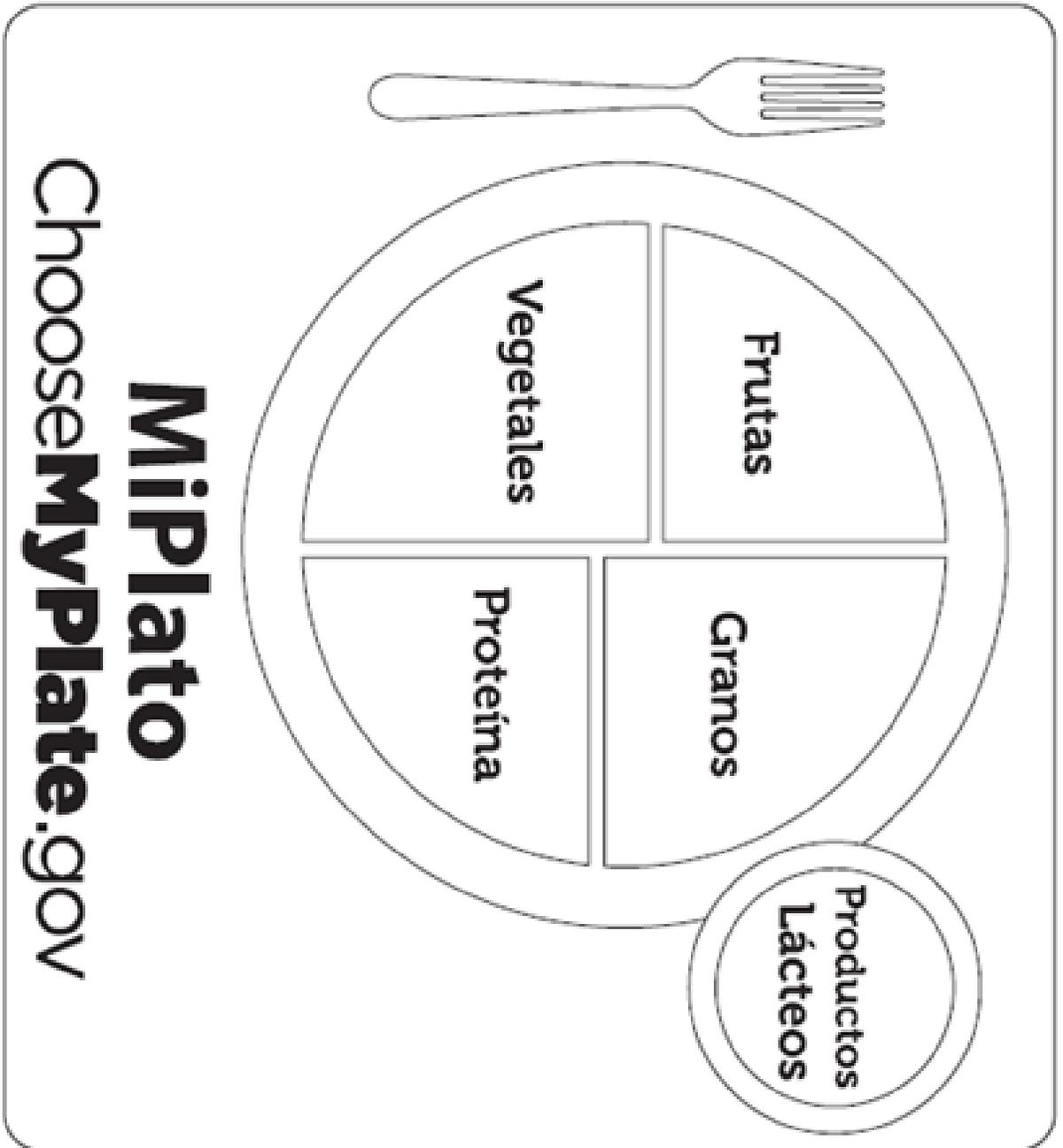
Sources:

<http://www.eatright.org/Students/Blog.aspx?id=4294967308&blogid=433&terms=saturated+fat>,

<http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/>,

http://www.choosemyplate.gov/foodgroups/proteinfoods_tips.html





Super-sized bagels



3 inch diameter
140 calories



6 inch diameter
350 calories

Super-sized sodas

6 oz
60 calories



12 oz
110 calories



32 oz
310 calories



Nutrition Facts	
Serving Size 1 ounce Servings in bag 4	
Amount Per Serving	
Calories 155	Calories from Fat 93
% Daily Value*	
Total Fat 11g	16%
Saturated Fat 3g	15%
Trans Fat	
Cholesterol 0mg	0%
Sodium 148mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 9%
Calcium 1%	• Iron 3%

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



4 servings in one bag!

If you eat the entire bag, you need to multiply the nutrition information by 4!

620 calories
44 grams of fat

<http://hp2010.nhlbihin.net/portion/>

Portion Distortion

A portion is how much food or drink you eat in one sitting such as a plate of spaghetti. A serving is a specified or standard amount, for example 2 oz. of pasta.

In the last 20 years, our portions have grown significantly. Consuming too much food can lead to obesity and increased risk for diabetes.

**When McDonalds first opened in 1955,
it offered one drink size: 6.5 oz.
Now their kid's size is 12 oz and their large is 32 oz**



6.5 oz Soda

65 calories

3.5 teaspoons of sugar



12 oz Soda

110 calories

7 teaspoons of sugar



32 oz Soda

310 calories

21 teaspoons of sugar

Calorie Difference = 245 Calories

If you ride a bike for 50 minutes

you will burn approximately 245 calories*

* Based on a 160-pound person

In the last 20 years bagels have nearly doubled in size



3-inch diameter

140 Calories



6-inch diameter

350 Calories

Calorie Difference = 210 Calories

If you rake leaves for 50 minutes,
you will burn approximately 210 calories.*

* Based on a 160 pound person

So what can you do?

- All foods can be enjoyed in moderation; rather than eliminating sweets or salty snacks from your diet, enjoy them in smaller portions
- Before going back for seconds, wait 10 or 15 minutes. You may not want seconds after all.
- Don't eat directly from the box or bag, pour servings onto a plate and put the bag away
- Check out nutrition labels to find out how many servings are in one package – then do the math!
- Visualize the new MyPlate guidelines when eating.

2 Servings

So multiply by 2 if you eat it all!



Review of Kids Lesson

The next page in your cookbook talks about Better Beverages. This is what your children talked about today.

They learned that water is the best drink to for staying hydrated and keeping nourished since over half of our body is made of water. They learned the importance of drinking 5 to 8 cups of water a day depending on their age and activity levels.

They learned the importance of having 3 servings of dairy a day, which can be easily accomplished through having three cups of milk. Ideally they will limit the amount of chocolate milk they drink since it has almost twice as much sugar as plain milk, but chocolate milk is better than no milk. If they don't like plain milk, maybe start by mixing chocolate and plain milk, adding more and more plain milk over time.

We also talked about how it's better to have a piece of fruit and a glass of water than to drink 100% juice. 100% juice has a lot of sugar, almost as much as soda. This is why the American Academy of Pediatrics recommends limiting juice to

Younger than 6 months Do not give fruit juice to infants younger than 6 months since it offers no nutritional benefit at this age.

1 to 6 years Limit juice to 4 to 6 ounces per day. For children older than 6 months, fruit juice offers no nutritional benefits over whole fruits. Whole fruits also provide fiber and other nutrients. Do not allow your child to carry a cup or box of juice throughout the day.

7 to 18 years Limit juice to 8 to 12 ounces per day

*The AAP recommends **breastfeeding** as the sole source of nutrition for your baby for about 6 months. When you add solid foods to your baby's diet, continue breastfeeding until at least 12 months. You can continue to breastfeed after 12 months if you and your baby desire. Check with your child's doctor about **vitamin D** and **iron supplements** during the first year.

Finally we talked about how sports drinks and sodas have no nutritional benefit over water and are full of sugars and artificial ingredients. These should be consumed occasionally if at all.

If you child really doesn't like the taste of water, try cutting up a cucumber or other fruit, putting it in water, and refrigerating it for a few hours. You'd be amazed how much flavor this adds to the water and it's very simple. Just make sure you keep it refrigerated and wash the container daily so bacteria doesn't grow. You could also try adding a splash of juice to water or sparkling water.



Beverages: 101

- Adequate fluid intake is essential to allow the body to function, thrive, and grow.
- Water is essential for numerous bodily functions; we are 60% water after all!
- To avoid dehydration, 6-8 cups of fluid/day are recommended. More may be needed if exercising and/or hot weather.

Drinks are not all created equal!
Water is the best choice.
 Here's how others compare.



Milk: A good source of calcium, vitamin D, and protein. Skim and low-fat milk are the best choices. To get the nutrients our bodies need, drink 3 cups a day!



Juice: Provides vitamin and minerals, but can have more sugar than you think. Limit to 1 cup a day and make sure it says 100% juice!

Sports Drink: Most people think they are healthy and refuel you after a workout. They are loaded with sugar, have no nutrients, and should be a "sometimes" drink.



Soda: Is processed sugar and empty calories. Diet soda is a better choice, but still provides no nutrients. Drink soda occasionally, if at all.



Milk is a good alternative, but make water your first choice when you're thirsty. You and your family will feel better and more energized in the long run!

As an alternative to a glass of juice, help your child make one of these!

Homemade Lemonade

8 oz. of water
 2 Tablespoons lemon juice
 1 Tablespoon honey



Wuice:

6-8 oz. of water
 2 oz. of 100% juice