

Making Smart Drink Choices

DRINK MORE LOW-FAT OR FAT-FREE MILK

- **Children 1-2 years:** 2 cups per day of whole milk
- **Children 2-8 years:** 2 cups per day of fat-free or low-fat milk or equivalent milk products
- **Children 9 years and older:** 3 cups per day of fat-free or low-fat milk or equivalent milk products
- **Adults:** 3 cups per day of fat-free or low-fat milk or equivalent milk products

- Enjoy milk with meals
- Enjoy milk on cereal
- Enjoy milk in hot beverages
- Enjoy yogurt to go
- Enjoy frozen yogurt
- Enjoy yogurt smoothies
- Enjoy creamy soups
- Enjoy dry milk powder

- Keep a water bottle handy
 - In the car, at home, work or school
 - Fill it with cool water throughout the day
 - Add a squeeze of lemon, lime or orange
- Drink water before, during and after physical activity
- Encourage children to drink water

DRINK MORE WATER

- Drink **six to eight** 8-ounces glasses of water each day
- If the weather is very warm or if you are more physically active, you need to drink more water

DRINK MORE 100% JUICE

- **Infants:** juice should not be given before 6 months of age. After 6 months of age, infants should not be given juice from bottles or cups that allow them to drink juice easily throughout the day. Infants should not be given juice at bedtime. Juice should be limited to no more than **4 ounces** a day.
- **Children ages 1-6:** limit juice to **4-6 ounces** per day
- **Children ages 7 to 18:** limit juice to **8-12 ounces** per day
- **Adults:** the Dietary Guidelines do not make a recommendation on the amount of juice for adults, but they do recommend eating whole fruits (fresh, frozen, canned, dried) rather than juice to get enough fiber

DRINK FEWER SOFT DRINKS

- Make them a sometimes drink
- Drink smaller portions
- Share with a family member or friend
- Go light on the sugar in your sweet tea

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Fruit Smoothies

Fruit smoothies are a quick, refreshing and tasty way to increase your calcium and fiber at the same time. There are lots of ways to make a fruit smoothie. You can mix and match from the three groups below until you find the smoothie that is just right for you and your family.

Choose ½ cup of a fruit

- Bananas
- Strawberries
- Peaches
- Blueberries
- Nectarines
- Mangoes

Choose 1 cup of a base

- Low-fat plain yogurt
- Low-fat vanilla yogurt
- Low-fat vanilla frozen yogurt
- Frozen juice concentrate like apple or orange
- Frozen fruit
- Ice cubes

Choose ½ cup of a liquid

- Low-fat or fat-free milk
- Calcium-fortified soy milk
- 100% fruit juice

Directions

Put all the ingredients in a blender and mix until smooth. Serve immediately. This will give you enough for two people. If there are more than two of you, you can make twice as much.



Example 1

- ½ cup strawberries
- 1 cup low-fat vanilla yogurt
- ½ cup fat-free milk

Example 2

- ½ cup banana
- 1 cup frozen orange juice
- ½ cup low-fat milk

Example 3

- ½ cup blueberries
- 1 cup low-fat vanilla frozen yogurt
- ½ cup orange juice