

# Eat.Right.Now.

## Nutrition Education for a Healthier Future



### Drink to Your Health

Ask your Nutrition Educator to introduce you to one of our services below:

- ~ Cooking Clubs    ~ Boys' Clubs    ~ Newsletters
- ~ Health Fairs      ~ Girls' Clubs    ~ Career Fairs

### *Tasty Topics:*

What we drink throughout the day and with meals can be just as important as what we eat. Drinks like low-fat milk and 100% fruit juice can help you get some of the healthy nutrients your body needs, but beverages can also be a source of added sugar and extra calories in our diets. A 12-ounce can of soda can have as much as 10 teaspoons of added sugar and 140 calories. Plus, soda, iced tea, fruit drinks, and other sugary beverages won't help quench your thirst. If you're feeling thirsty, water is the best beverage to quench that thirst and replace fluids your body loses during throughout the day, and it has no calories or added sugar.

### *Nutrition in the News*

Mayor Nutter has proposed adding a "soda tax" or "sugar tax" to the sale of sweetened beverages in Philadelphia to help balance the city's budget and make the city healthier. The proposed tax, called the Healthy Philadelphia Tax, would add two cents per ounce to the price of a sugar-sweetened beverage. That means the tax on a 12-ounce can of soda would be 24 cents, and for a 2-liter bottle it would be about \$1.35. The tax would apply to all drinks with added sugar including soda, fruit drinks, iced tea, energy drinks, sports drinks, and flavored milk. The tax on these drinks could help reduce the amount of sweetened beverages that Philadelphians consume. In addition, some of the funds raised by the tax would be used to pay for programs to reduce obesity. For more information on the beverage tax and the Healthy Philadelphia Initiative, visit:

<http://www.phila.gov/health/healthyini.html>

**Q:** How do you make a milkshake?

**A:** Give it a good scare!

### *Laugh Out Loud (LOL)*

**Q:** What do cats put in their drinks?

**A:** Mice cubes!

**Q:** Why did the man stare at the can of orange juice?

**A:** Because it said "concentrate"!

### *Monthly Mentions*

- **Nutrition Tip:** Try mixing club soda or seltzer water with 100% fruit juice for a refreshing drink without the added sugar of a soda.
- **Fruit & Vegetable:** For broccoli and pineapple recipes, visit our website: <http://www.drexel.edu/nutritioneducation/>.
- **Now In Season:** Artichokes, asparagus, broccoli, cabbage, lettuce, mushrooms, pineapple, rhubarb, spinach, Swiss chard, turnips, watercress
- **April Health Observations:** World Health Day, National Public Health Week, National Control Cancer Month

### *Nutrition Education in Action*

Students in Ms. Ulett's class at AMY 5 @ James Martin prepared Breakfast Burritos during National School Breakfast Week in March.



Questions or Comments?

Email:

[nutritioncenter@drexel.edu](mailto:nutritioncenter@drexel.edu)

**EAT.RIGHT.NOW.**

Nutrition Education Program

Drexel University

Or call us at: 215.895.2422

Name \_\_\_\_\_ Date \_\_\_\_\_

## A RECIPE FOR A HEALTHY BODY

The calcium in foods like milk and yogurt helps keep your bones healthy and strong. Many fruits, including oranges, strawberries and papaya, have the vitamin C that your body needs to heal after an injury. The potassium in bananas helps your muscles move. Mix these ingredients together, and you have a recipe for a healthy body!

Read the recipe for a fruit smoothie below. Then answer the questions.

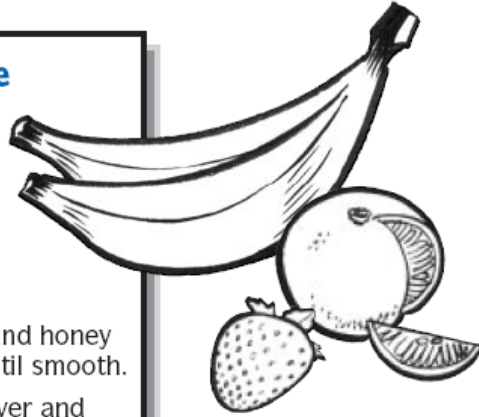
Financed by the P.A. Department of Public Welfare (DPW) through the PA Nutrition Education Program, a part of USDA's Special Nutrition Assistance Program (SNAP). To find out how the SNAP can help you buy healthy food, contact DPW's toll-free helpline at 800-692-7462 or 215-430-0056. This institution is an equal opportunity provider and employer.



### Favorite Fruit Smoothie

- ½ cup orange juice
- 1 ½ cups yogurt
- 1 cup fresh or frozen fruit
- 1 banana
- 2 teaspoons honey
- 4 ice cubes

1. Place orange juice, yogurt, fruit and honey in a blender. Cover and blend until smooth.
2. Stop the blender. Remove the cover and drop in ice cubes. Blend until smooth.



1. If you were making a fruit smoothie, which fruits would you include? Give two examples.

\_\_\_\_\_

2. True or false: The ice cubes go into the blender before the yogurt.

\_\_\_\_\_

3. Red- and blue-colored fruits are rich in vitamin C. List one fruit that you could add to the smoothie for extra vitamin C.

\_\_\_\_\_

4. This recipe serves two people. But you want to make smoothies for yourself and three friends. Double the recipe. How much of each ingredient would you use? Use the back of this page for your work.

**Bonus:** Ask a family member to help you make a fruit smoothie.