NEOPB Rethink Your Drink Materials

Greetings,

The Nutrition Education Obesity Prevention Branch (NEOPB) is working to update and streamline State level publications. This survey relates to NEOPB materials targeting healthy beverage education.

The following Survey Monkey will provide an opportunity for you to identify the materials you find most useful, those needing updates, and those that are not used by your program team.

Please:

- complete one response per Local Health Department;
- check your best response for the 4 choices provided, adding any comments you would like to share using clear and specific recommendations.

Each material will have a picture of the front page in addition to a link to the PDF of the entire document to aid you in answering the questions.

If you have any questions, call or email Jake Hanson at 916.449.5488 or Jake.Hanson@cdph.ca.gov

Thank you for your time and input.

NEOPB Rethink Your Drink Materials

* Please enter your contact information

Name

Organization

County

Email Address

NEOPB Rethink Your Drink Materials

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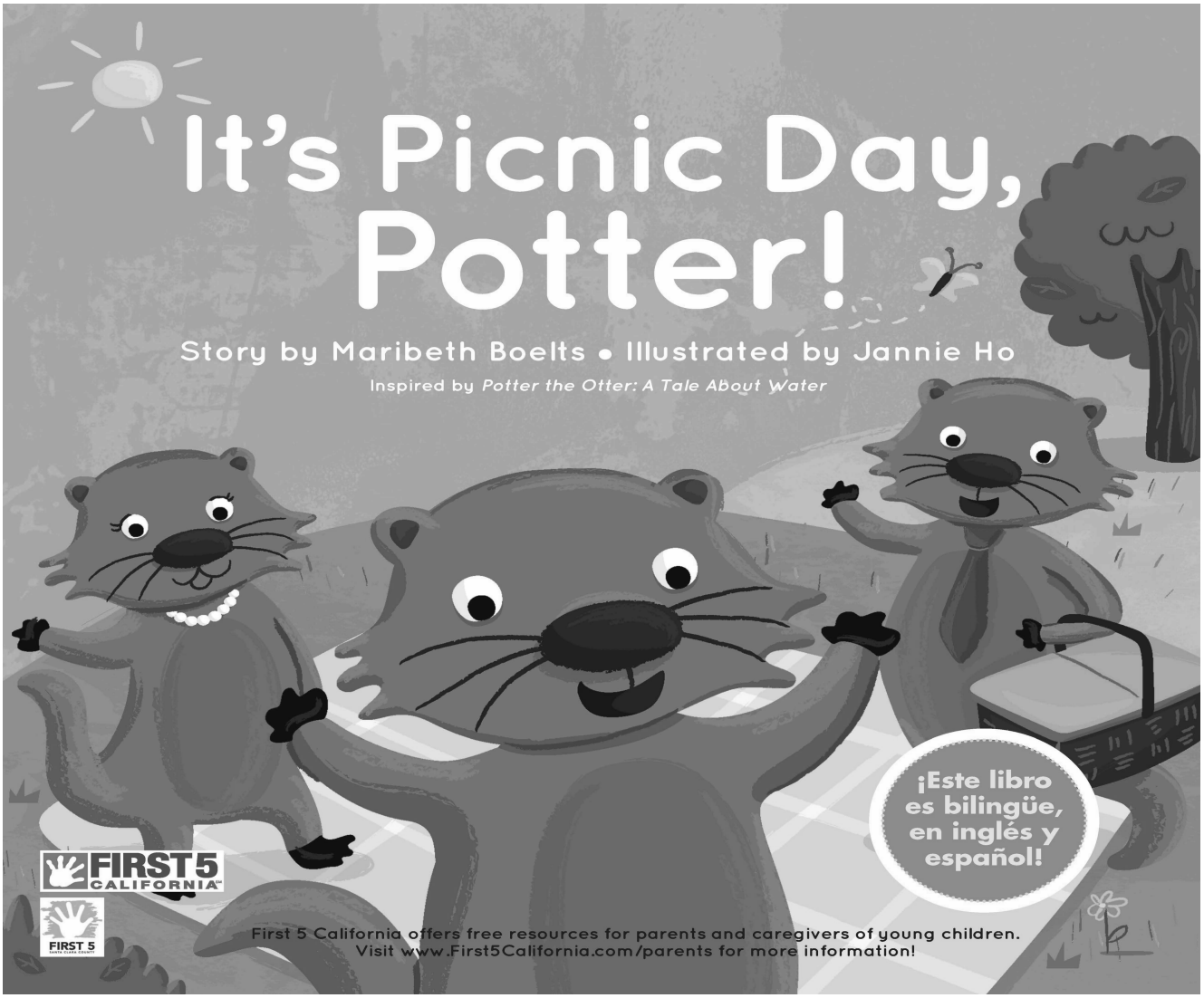

1. 300005 - It's Picnic Day, Potter!_En/Sp Booklet

PDF Not Available

Please Check Best Response:

- ◯ We use this material and we like it as it is
- ◯ We use this material and we recommend the following changes (enter recommendations in "Comments" box below)
- ◯ We don't currently use this material; but with the following changes, we would (enter recommendations in "Comments" box below)
- ◯ We do not use this material and have no plans to use it regardless of changes

Comments:

*

Calculations Key
Drink Label Cards

Instructor Tips for Drink Label Cards

1. Display Drink Label Cards with sugar cubes representing the teaspoons of sugar in each container. Display should also include general MyPlate messaging on total diet (consider *MyPlate 10 Tips to a Great Plate*).
2. Note that the walking time needed to burn off the sugary drink is in addition to the daily activity necessary for weight maintenance.
3. Discuss the benefits of the nutrients in milk and 100% juice.

Drink	Container Size	Sugar Type	Calories per Container	Teaspoons (tsp) of Sugar per Container	Walking Time to Burn Off the Drink[1]
Water	20 fl. oz. bottle	Sugar-Free	0 calories	0 tsp.	0 minutes
1% Milk	16 fl. oz. bottle	Natural Sugar	260 calories	8 tsp.	56 minutes
100% Orange Juice	16 fl. oz. bottle	Natural Sugar	244 calories	11 tsp.	53 minutes
Soda	12 fl. oz. can	Added Sugar	136 calories	8 tsp.	30 minutes
Soda	20 fl. oz. bottle	Added Sugar	227 calories	14 tsp.	49 minutes
Sports Drink	20 fl. oz. bottle	Added Sugar	125 calories	9 tsp.	27 minutes
Energy Drink	16 fl. oz. can	Added Sugar	240 calories	15 tsp.	52 minutes
Sweetened Tea	20 fl. oz. bottle	Added Sugar	213 calories	14 tsp.	46 minutes
Fruit-flavored Soda	12.5 fl. oz. bottle	Added Sugar	165 calories	11 tsp.	36 minutes
Juice Drink	20 fl. oz. bottle	Added & Natural Sugar	305 calories	17 tsp.	66 minutes
Fruit Nectar	11.5 fl. oz. can	Added & Natural Sugar	196 calories	11 tsp.	42 minutes
Vitamin-added Water	20 fl. oz. bottle	Added & Natural Sugar	125 calories	8 tsp.	27 minutes

Notes: Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (280 calories/hour). Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. All walking times are rounded up to next whole number.

1. United States Department of Health and Human Services, U. S. Department of Agriculture. *Dietary Guidelines for Americans, 2005*, Table 4. Calories/Hour Expended in Common Physical Activities. http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter3.htm Accessed May 15, 2012.

This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

Adapted from the California WIC Program.

#300017/Ver. 06/15

2. 300017 - RYD-Drink Label Cards 13 Card Set_En

Click here to view the full document

Please Check Best Response:

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- ◯ We use this material and we recommend the following changes (enter recommendations in "Comments" box below)
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*

Tarjetas de etiqueta de bebidas

Consejos para las tarjetas de etiqueta de bebidas para los instructores

1. Exhiba las tarjetas de etiqueta de bebidas con cubitos de azúcar que representen las cucharaditas de azúcar que contiene cada recipiente. El exhibidor debe incluir también los mensajes generales del programa de MiPlato acerca de la dieta total (considere utilizar la serie 10 consejos de educación en nutrición).
2. Anote que el tiempo que se necesita caminar para quemar las calorías de la bebida azucarada es adicional al necesario en las actividades diarias para mantener el peso.
3. Hable de los beneficios de los nutrientes de la leche y el jugo 100% natural.

Bebida	Tamaño del recipiente	Tipo de azúcar	Calorías por recipiente	Cucharaditas (cdtas) de azúcar por recipiente	Tiempo de caminata para quemar las calorías de la bebida[1]
Agua	Botella de 20 fl oz	Sin azúcar	0 calorías	0 cdtas	0 minutos
Leche con 1% de grasa	Botella de 16 fl oz	Azúcar natural	260 calorías	8 cdtas	56 minutos
Jugo de naranja 100% natural	Botella de 16 fl oz	Azúcar natural	244 calorías	11 cdtas	53 minutos
Refresco (Soda)	Lata de 12 fl oz	Azúcar agregada	136 calorías	8 cdtas	30 minutos
Refresco (Soda)	Botella de 20 fl oz	Azúcar agregada	227 calorías	14 cdtas	49 minutos
Bebida deportiva	Botella de 20 fl oz	Azúcar agregada	125 calorías	9 cdtas	27 minutos
Bebida energética	Lata de 16 fl oz	Azúcar agregada	240 calorías	15 cdtas	52 minutos
Té endulzado	Botella de 20 fl oz	Azúcar agregada	213 calorías	14 cdtas	46 minutos
Refresco sabor a fruta	Botella de 12.5 fl oz	Azúcar agregada	165 calorías	11 cdtas	36 minutos
Bebida de jugo	Botella de 20 fl oz	Azúcar natural y agregada	305 calorías	17 cdtas	66 minutos
Néctar de fruta	Lata de 11.5 fl oz	Azúcar natural y agregada	196 calorías	11 cdtas	42 minutos
Agua vitaminada	Botella de 20 fl oz	Azúcar natural y agregada	125 calorías	8 cdtas	27 minutos

NOTAS: El tiempo de caminata se basa en el consumo de calorías promedio de un individuo de 154 libras que camina a 3.5 mph (280 calorías/hora). Las personas que pesan más de 154 libras quemarán más calorías por hora y las que pesan menos quemarán menos calorías por hora. Las cucharaditas de azúcar se redondean al siguiente número entero. Todos los tiempos de caminata se redondean al siguiente número entero.

1. El Departamento de Salud y Servicios Humanos de los Estados Unidos, Departamento de Agricultura de los Estados Unidos. *Guías Alimentarias para los Estadounidenses, 2005,* Tabla 4. *Calories/Hours Expended in Common Physical Activities*. http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter3.htm Consultado el 15 de mayo de 2012.

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#300018 / Ver. 05/15

3. 300018 - RYD-Drink Label Cards 13 Card Set_Sp

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4. 300039 - RYD-PTO 6X8 Postcard_En/Sp

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Dot to Dot | Sigue los puntos

Connect the dots to draw Potter the Otter | Conecta los puntos para encontrar a la Nutria Potter

rethink YOUR DRINK

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First 5 Santa Clara offers more tips from Potter the Otter and his friends at www.potterloveswater.com

Primeros 5 Santa Clara ofrece más consejos de la Nutria Potter y sus amigos en www.potterloveswater.com

BRO-231/Rev. 02/14

CHAMPIONS for CHANGE™ | CDPH California Department of Public Health | rethink YOUR DRINK | Santa Clara County PUBLIC HEALTH | FIRST 5 SANTA CLARA COUNTY | KAISER PERMANENTE

5. 300040 - RYD-PTO Activity Dot-to-Dot_En/Sp

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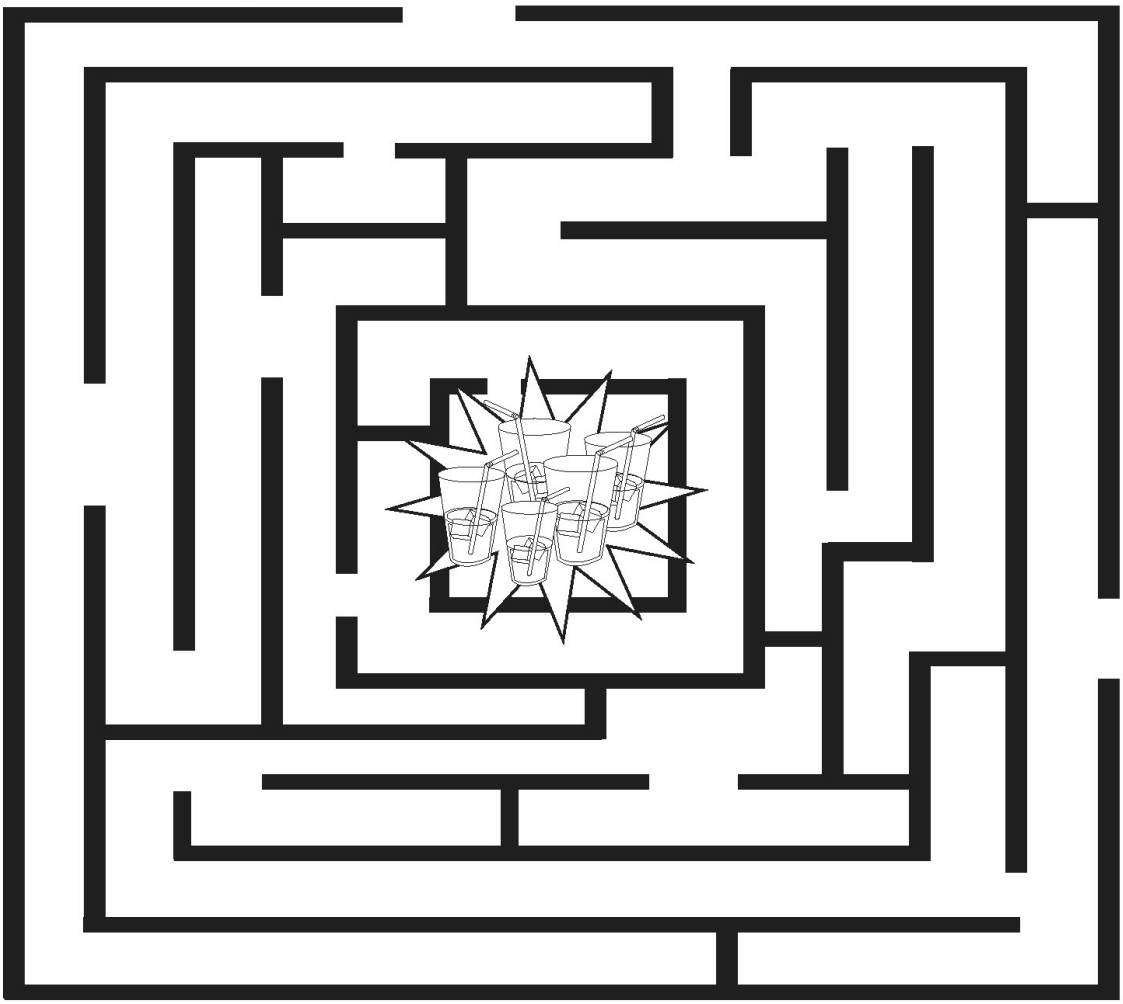
Help Potter the Otter and his friends find water to drink!

¡Ayuda a la Nutria Potter y a sus amigos a encontrar agua para tomar!

START | INICIO

rethink YOUR DRINK



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BRO-232/Rev. 02/14

CHAMPIONS for CHANGE™ CDPH California Department of Public Health rethink YOUR DRINK Santa Clara County PUBLIC HEALTH FIRST 5 SANTA CLARA COUNTY KAISER PERMANENTE

6. 300041 - RYD-PTO Activity Page Maze

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Color Potter the Otter | Colorea a la Nutria Potter

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BRO-235/Rev. 02/14

CHAMPIONS for CHANGE™ CDPH California Department of Public Health rethink YOUR DRINK Santa Clara County PUBLIC HEALTH FIRST 5 SANTA CLARA COUNTY KAISER PERMANENTE

7. 300044 - PTO Coloring Page

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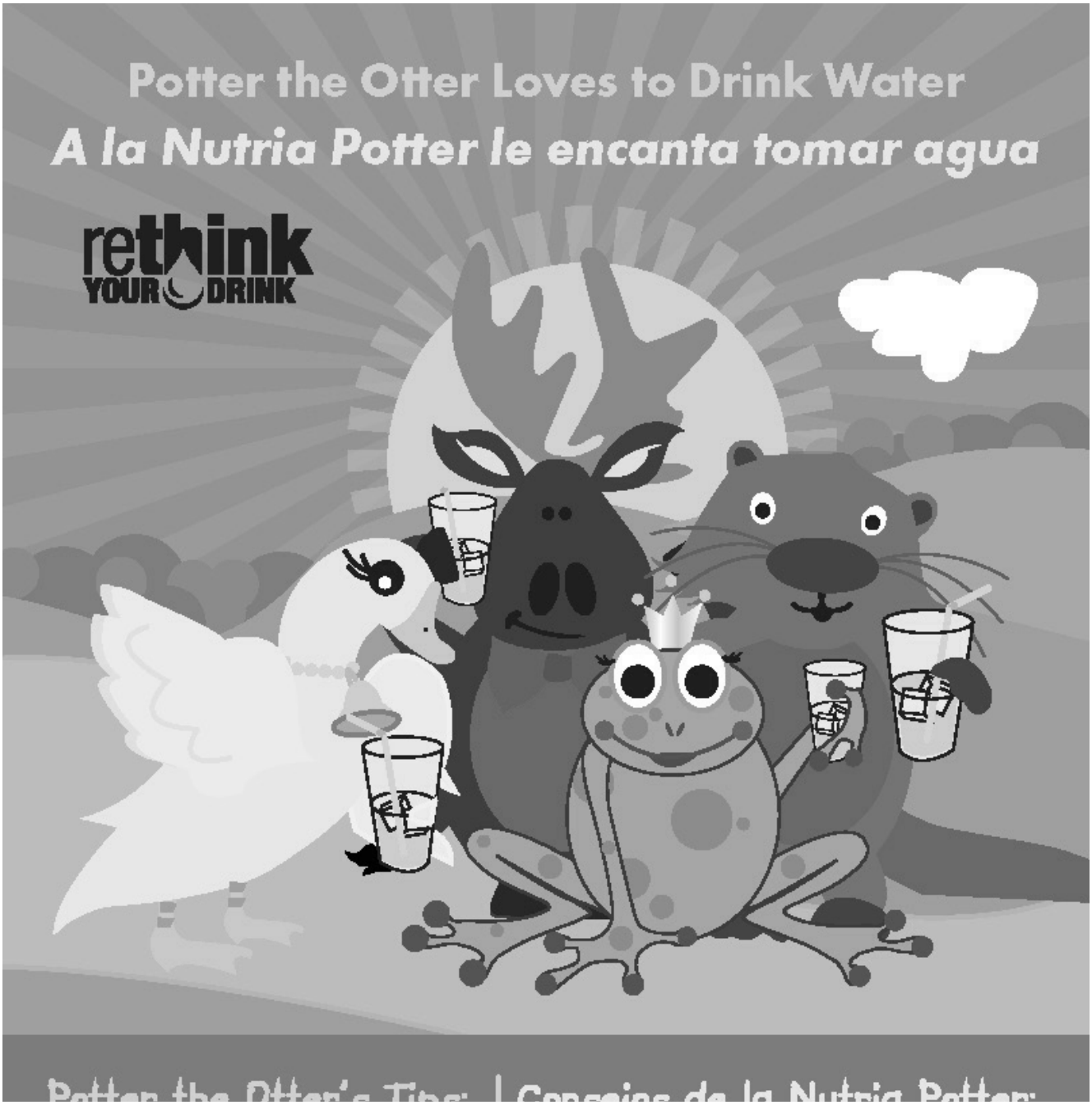

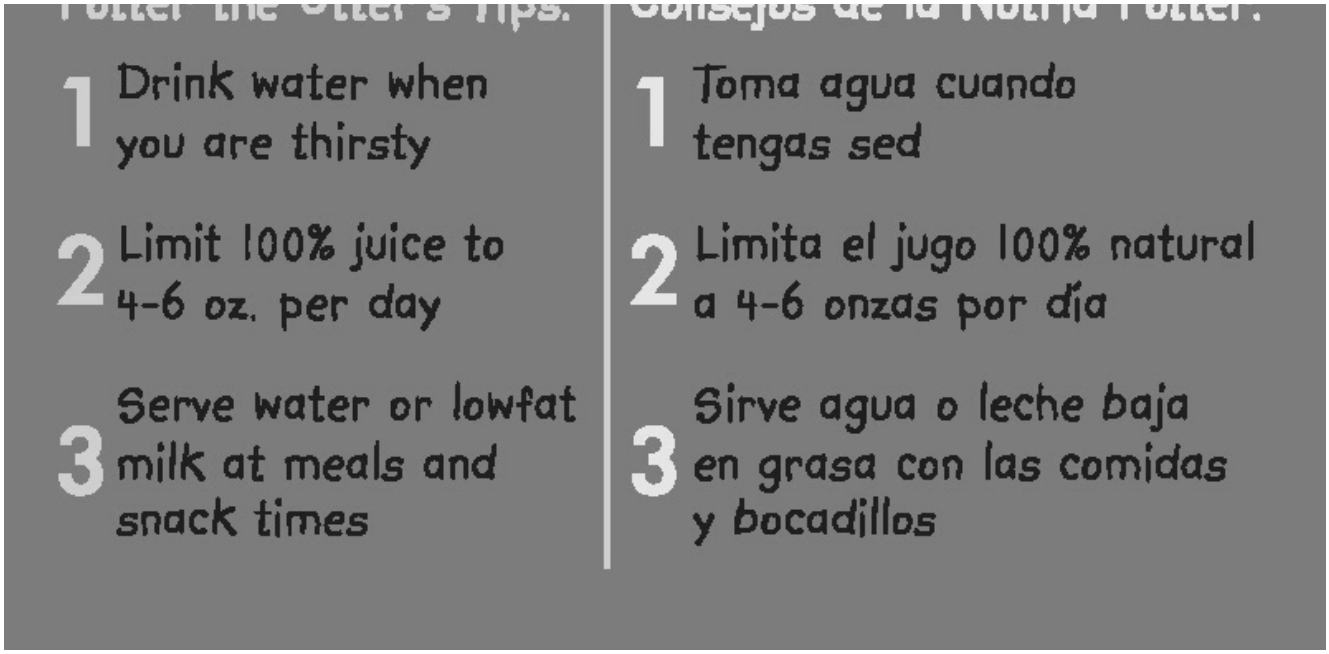

8. 300045 - RYD-PTO 4X6 Table Tent_En/Sp

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CDPH
California Department of
PublicHealth
Potter the Otter Loves to Drink Water
A la Nutria Potter le encanta tomar agua
rethink
YOUR DRINK
Potter the Otter's Tips:
1 Drink water when you are thirsty
2 Limit 100% juice to 4-6 oz. per day
3 Serve water or lowfat milk at meals and snack times
Consejos de la Nutria Potter:
1 Toma agua cuando tengas sed
2 Limita el jugo 100% natural a 4-6 onzas por día
3 Sirve agua o leche baja en grasa con las comidas y bocadillos

9. 300046 - RYD-PTO 5X7 Tip Sheet_En/SP

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10. 300047 - RYD 9X12 Folder_En

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Comments:

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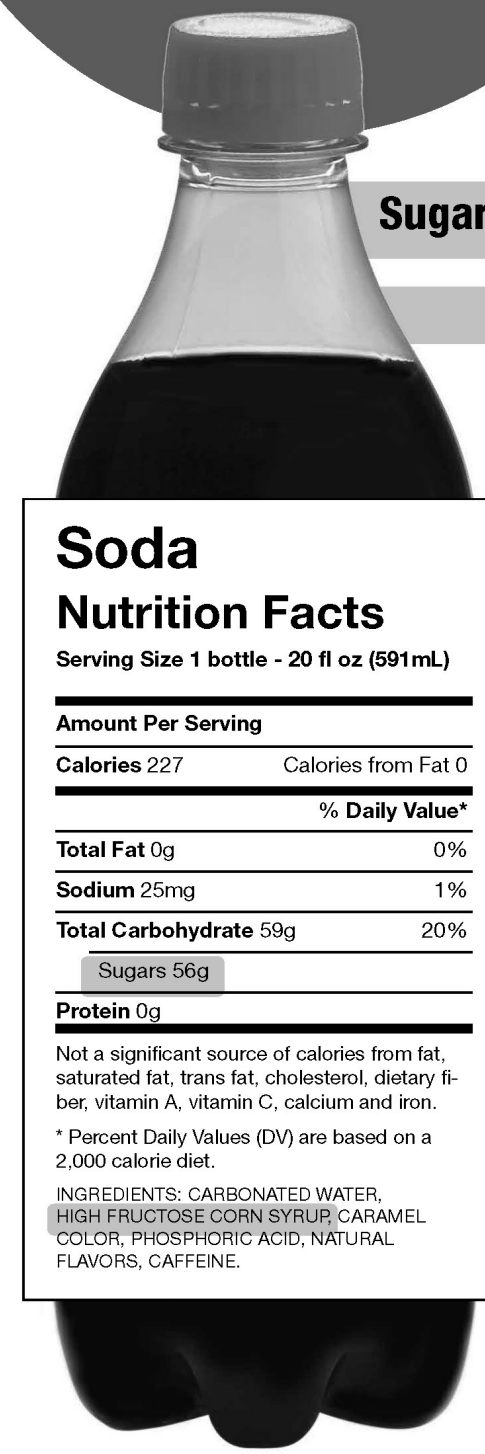
How much sugar is in your drink?

rethink YOUR DRINK



Sugar Grams ÷ 4 = Teaspoons of Sugar

Sugars 56g ÷ 4 = 14 teaspoons

Soda
Nutrition Facts

Serving Size 1 bottle - 20 fl oz (591mL)

Amount Per Serving	
Calories 227	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Sodium 25mg	1%
Total Carbohydrate 59g	20%
Sugars 56g	
Protein 0g	

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

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

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.

Choose health. Drink water.

CDPH California Department of PublicHealth

CHAMPIONS for CHANGE™

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#300197 Rev. 09/14

11. 300197 - RYD-Label Reading Poster_En

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- ◯ We use this material and we recommend the following changes (enter recommendations in "Comments" box below)
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Comments:

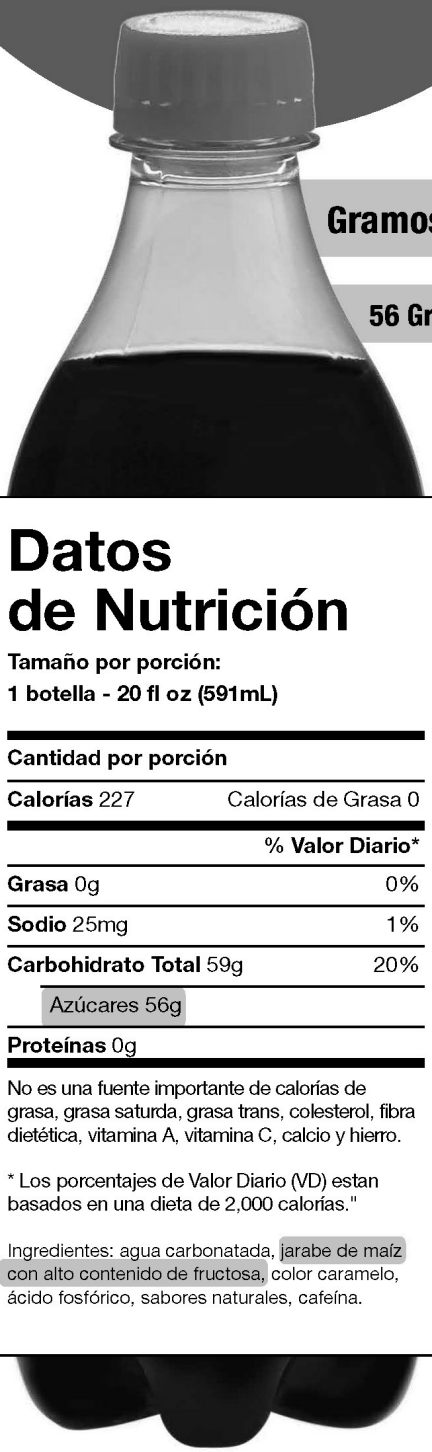
*

¿Cuánto azúcar tiene su bebida?

rethink YOUR DRINK

Gramos de azúcar ÷ 4 = Cucharaditas de azúcar

56 Gramos de azúcar ÷ 4 = 14 Cucharaditas de azúcar



Datos de Nutrición

Tamaño por porción:
1 botella - 20 fl oz (591mL)

Cantidad por porción	
Calorías 227	Calorías de Grasa 0
	% Valor Diario*
Grasa 0g	0%
Sodio 25mg	1%
Carbohidrato Total 59g	20%
Azúcares 56g	
Proteínas 0g	

No es una fuente importante de calorías de grasa, grasa saturda, grasa trans, colesterol, fibra dietética, vitamina A, vitamina C, calcio y hierro.

* Los porcentajes de Valor Diario (VD) estan basados en una dieta de 2,000 calorías."

Ingredientes: agua carbonatada, jarabe de maíz con alto contenido de fructosa, color caramelo, ácido fosfórico, sabores naturales, cafeína.

Elija la salud. Tome agua.

CAMPEONES del CAMBIO™ CDPH California Department of PublicHealth

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#300198 Rev. 05/15

12. 300198 - RYD-Label Reading Poster_Sp

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Comments:

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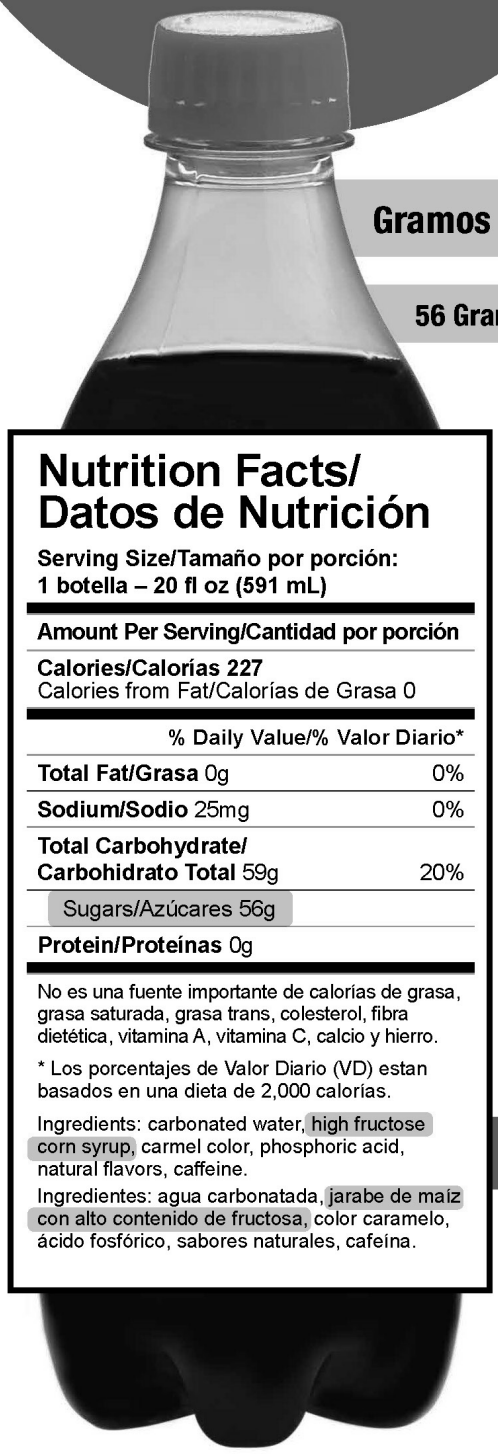
¿Cuánto azúcar tiene su bebida?

rethink YOUR DRINK

Gramos de azúcar ÷ 4 = Cucharaditas de azúcar

56 Gramos de azúcar ÷ 4 = 14 Cucharaditas de azúcar



Nutrition Facts/ Datos de Nutrición

Serving Size/Tamaño por porción:
1 botella – 20 fl oz (591 mL)

Amount Per Serving/Cantidad por porción	
Calories/Calorías 227 Calories from Fat/Calorías de Grasa 0	
	% Daily Value/% Valor Diario*
Total Fat/Grasa 0g	0%
Sodium/Sodio 25mg	0%
Total Carbohydrate/ Carbohidrato Total 59g	20%
Sugars/Azúcares 56g	
Protein/Proteínas 0g	

No es una fuente importante de calorías de grasa, grasa saturada, grasa trans, colesterol, fibra dietética, vitamina A, vitamina C, calcio y hierro.

* Los porcentajes de Valor Diario (VD) estan basados en una dieta de 2,000 calorías.

Ingredients: carbonated water, high fructose corn syrup, carmel color, phosphoric acid, natural flavors, caffeine.

Ingredientes: agua carbonatada, jarabe de maíz con alto contenido de fructosa, color caramelo, ácido fosfórico, sabores naturales, cafeína.

Elija la salud. Tome agua.

CAMPEONES del CAMBIO™ CDPH California Department of PublicHealth

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#300199 Rev. 05/15

13. 300199 - RYD-Label Reading Poster_En/Sp

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14. 300207 - RYD-PTO Sample Kit

Click here to view the Postcard
Click here to view the Dot to Dot
Click here to view the Maze
Click here to view the Color Potter the Otter
Click here to view the Potter the Otter Loves to Drink Water
Click here to view the Potter TIP-sheetfront (2 columns)

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Paradise Freeze

Makes 4 servings.
1 cup per serving.

Prep time:
5 minutes

Ingredients

1 large banana
2 cups strawberries
2 ripe mangos, chopped
½ cup of ice cubes

Preparation

1. Combine all ingredients in a blender container. Blend until mixture is smooth.
2. Pour into glasses and serve.

Nutrition information per serving:
Calories 121, Carbohydrate 31 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 3 mg, Added Sugars 0 g

15. 300248 - RYD Paradise Freeze Recipe Card En/Sp
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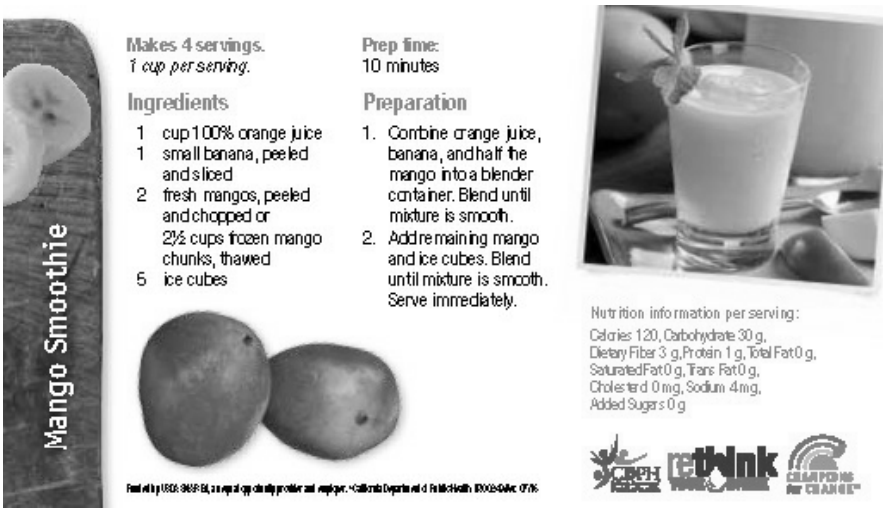

Mango Smoothie

Makes 4 servings.
1 cup per serving.

Prep time:
10 minutes

Ingredients

1 cup 100% orange juice
1 small banana, peeled and sliced
2 fresh mangos, peeled and chopped or 2½ cups frozen mango chunks, thawed
5 ice cubes

Preparation

1. Combine orange juice, banana, and half the mango into a blender container. Blend until mixture is smooth.
2. Add remaining mango and ice cubes. Blend until mixture is smooth. Serve immediately.

Nutrition information per serving:
Calories 120, Carbohydrate 30 g, Dietary Fiber 3 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg, Added Sugars 0 g

16. 300249 - RYD Mango Smoothie Recipe Card En/Sp

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Comments:

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Strawberry Pineapple Lemonade

Makes 4 servings.
1½ cups per serving.

Prep time:
5 minutes

Ingredients

- 4 cups 100% pineapple juice
- 2 cups fresh or frozen strawberries
- ¼ cup lemon juice
- ½ cup water
- Ice

Preparation

1. Put all ingredients except ice in a blender container and blend until mixture is smooth.
2. Pour into glasses over ice cubes and serve.

Nutrition information per serving:
Calories 160, Carbohydrate 40 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 10 mg, Added Sugars 0 g

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17. 300250 - RYD Strawberry Pineapple Lemonade Recipe Card En/Sp

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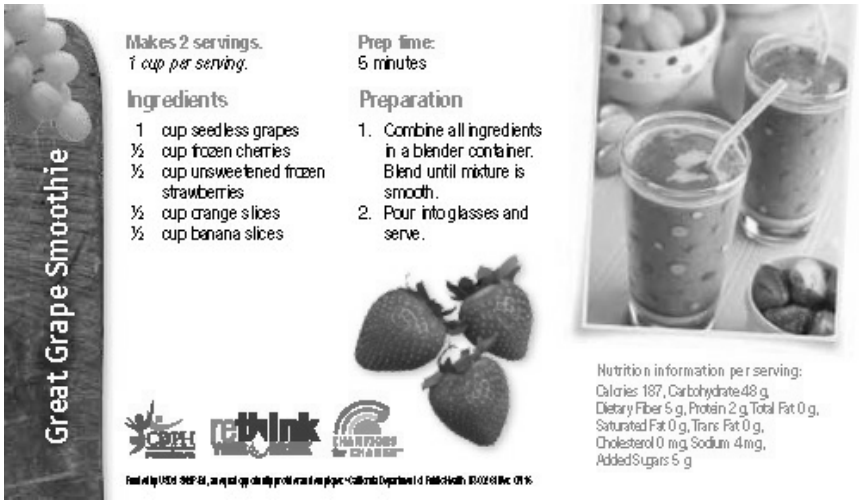

Great Grape Smoothie

Makes 2 servings.
1 cup per serving.

Prep time:
5 minutes

Ingredients

- 1 cup seedless grapes
- ½ cup frozen cherries
- ½ cup unsweetened frozen strawberries
- ½ cup orange slices
- ½ cup banana slices

Preparation

1. Combine all ingredients in a blender container. Blend until mixture is smooth.
2. Pour into glasses and serve.

Nutrition information per serving:
Calories 187, Carbohydrate 48 g, Dietary Fiber 5 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg, Added Sugars 5 g

18. 300251 - RYD Great Grape Smoothie Recipe Card En/Sp

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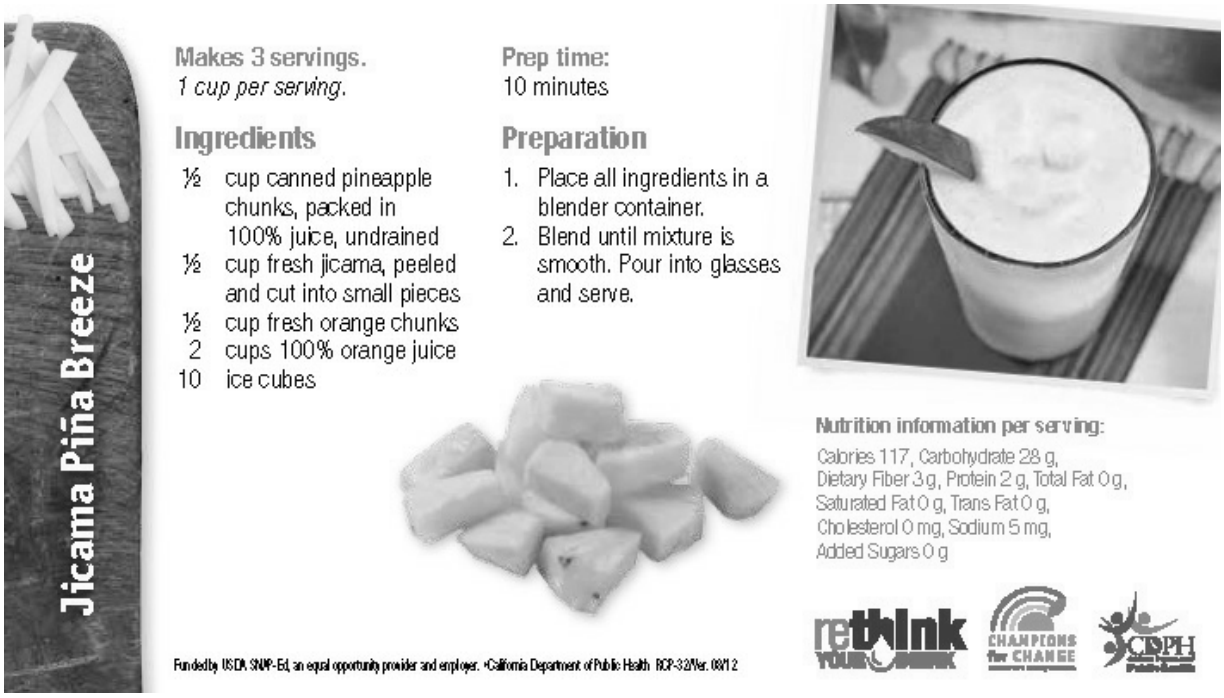

Jicama Piña Breeze

Makes 3 servings.
1 cup per serving.

Prep time:
10 minutes

Ingredients

- ½ cup canned pineapple chunks, packed in 100% juice, undrained
- ½ cup fresh jicama, peeled and cut into small pieces
- ½ cup fresh orange chunks
- 2 cups 100% orange juice
- 10 ice cubes

Preparation

1. Place all ingredients in a blender container.
2. Blend until mixture is smooth. Pour into glasses and serve.

Nutrition information per serving:
Calories 117, Carbohydrate 28 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg, Added Sugars 0 g

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19. 300252 - RYD Jicama Pina Breeze Recipe Card En/Sp

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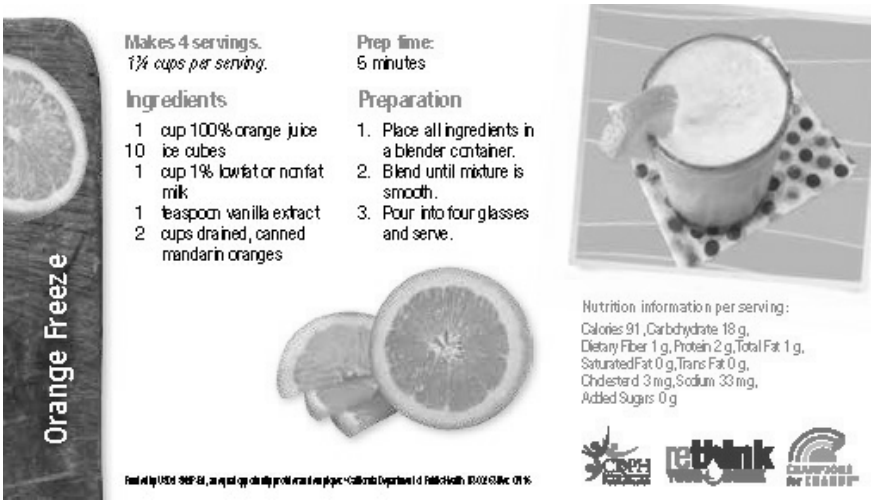

Orange Freeze

Makes 4 servings.
1¾ cups per serving.

Prep time:
5 minutes

Ingredients

1 cup 100% orange juice
10 ice cubes
1 cup 1% lowfat or nonfat milk
1 teaspoon vanilla extract
2 cups drained, canned mandarin oranges

Preparation

1. Place all ingredients in a blender container.
2. Blend until mixture is smooth.
3. Pour into four glasses and serve.

Nutrition information per serving:
Calories 91, Carbohydrate 18 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 33 mg, Added Sugars 0 g

20. 300253 - RYD Orange Freeze Recipe Card En/Sp

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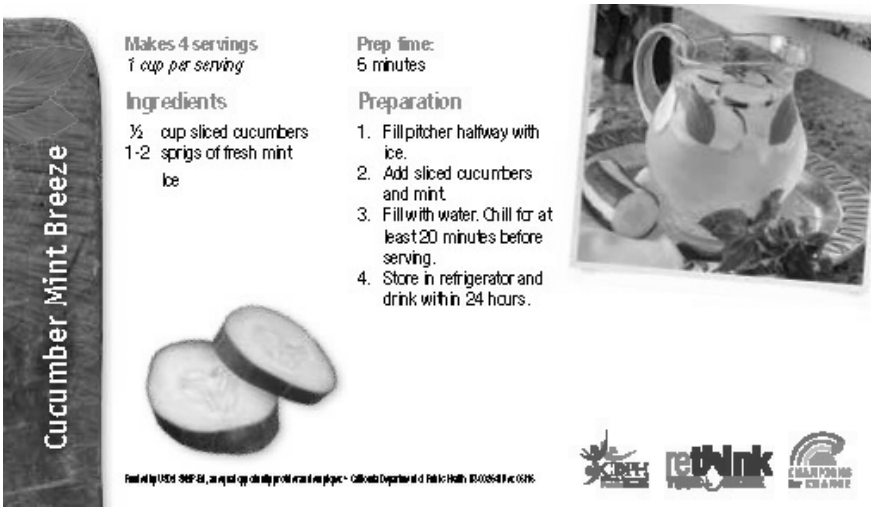

Cucumber Mint Breeze

Makes 4 servings
1 cup per serving

Prep time:
5 minutes

Ingredients

½ cup sliced cucumbers
1-2 sprigs of fresh mint
Ice

Preparation

1. Fill pitcher halfway with ice.
2. Add sliced cucumbers and mint.
3. Fill with water. Chill for at least 20 minutes before serving.
4. Store in refrigerator and drink within 24 hours.

21. 300254 - RYD Cucumber Mint Breeze Recipe Card En/Sp

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Makes 15 servings
1½ cups per serving

Ingredients

- 1 (14 ounce) can 100% fruit juice concentrate, thawed
- 2 liters club soda
- 1 (8 ounce) can pineapple chunks packed in 100% juice
- 4 cups (about 1 pound) frozen mixed fruit or strawberries, raspberries, mango, or peach slices
- Ice cubes

Prep time:
5 minutes

Preparation

1. Empty juice concentrate into a pitcher or punch bowl.
2. Make juice with club soda instead of regular water. Gently stir.
3. Add pineapple, frozen fruit, and ice cubes.
4. Ladle or pour into individual cups. Serve with a spoon.

Nutrition information per serving:
Calories 74, Carbohydrate 19 g, Dietary Fiber 1.5 g, Protein 0.5 g, Total Fat 0.2 g, Saturated Fat 0.02 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 36 mg, Added Sugars 0 g

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22. 300255 - RYD Real Fruit Punch Recipe Card En/Sp

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Kiwi Berry Blend

Makes 4 servings. *1 cup per serving.*
Prep time: 5 minutes

Ingredients

1-2 kiwis, sliced or cut in chunks
2 cups strawberries, cut in half

Preparation

1. Fill pitcher halfway with ice.
2. Add sliced kiwis and strawberries.
3. Fill with water. Chill for at least 20 minutes before serving.
4. Store in refrigerator and drink within 24 hours.

Drink water instead of sugary drinks.

23. 300259 - RYD Water Recipe Card_En

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Comments:

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Kiwi y fresa

Rinde 4 porciones. *1 taza por porción.*
Tiempo de preparación: 5 minutos

Ingredientes

1-2 kiwis en rebanadas o cortados en trocitos
2 tazas de fresas cortadas por la mitad

Preparación

1. Llene la mitad de la jarra con hielo.
2. Agregue las rebanadas de kiwis y fresas.
3. Llene con agua. Deje enfriar por lo menos 20 minutos antes de servir.
4. Guarde en el refrigerador y tome en las próximas 24 horas.

Tome agua en lugar de bebidas azucaradas.

24. 300260 - RYD Water Recipe Card_Sp

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Comments:

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Choose health. Drink water.

Drink, Calories and Container Size (fluid ounces)	Teaspoons of Sugar per Container Size	Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)
Soda 227 calories 20 fl. oz.	14 tsp	49 min.
Sports Drink 125 calories 20 fl. oz.	9 tsp	27 min.
Energy Drink 240 calories 16 fl. oz.	15 tsp	52 min.
Juice Drink 305 calories 20 fl. oz.	17 tsp	66 min.
Fruit-flavored Soda 165 calories 12.5 fl. oz.	11 tsp	36 min.
Vitamin-added Water 125 calories 20 fl. oz.	8 tsp	27 min.
Sweetened Tea 213 calories 20 fl. oz.	14 tsp	46 min.
Water 0 calories 20 fl. oz.	0 tsp	0 min.

Note: Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (280 calories/hour). Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. All walking times are rounded up to the next whole number.

United States Department of Health and Human Services, U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2005*, Table 4, Calories/Hour Expended in Common Physical Activities. http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter3.htm. Accessed May 15, 2012.

rethink YOUR DRINK

This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

CHAMPIONS for CHANGE

CDPH California Department of PublicHealth

S/GN-558 Rev. 03/14

25. 300294 - RYD Choose Health (Large) Poster_En

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Elija la salud. Tome agua.

Bebida, calorías y tamaño del envase (onzas líquidas)	Cucharaditas de azúcar por tamaño del envase	Minutos de caminata rápida para quemar la bebida (caminar a 3.5 mph)
Refresco 227 calorías 20 oz. líquidas	14 cdtas	49 min.
Bebida deportiva 125 calorías 20 oz. líquidas	9 cdtas	27 min.
Bebida energética 240 calorías 16 oz. líquidas	15 cdtas	52 min.
Bebida de jugo 305 calorías 20 oz. líquidas	17 cdtas	66 min.
Refresco sabor a fruta 165 calorías 12.5 oz. líquidas	11 cdtas	36 min.
Agua vitaminada 125 calorías 20 oz. líquidas	8 cdtas	27 min.
Té endulzado 213 calorías 20 oz. líquidas	14 cdtas	46 min.
Agua 0 calorías 20 oz. líquidas	0 cdtas	0 min.

Nota: La duración de la caminata se basa en el consumo de calorías promedio para una persona de 154 libras que camina a 3.5 mph (280 calorías por hora). Las calorías que se queman por hora serán más para personas que pesen más de 154 libras y menos para personas que pesen menos. Las cucharaditas de azúcar se redondean al número entero más cercano. Todas las duraciones de las caminatas se redondean al siguiente número entero.

Departamento de Salud de los Estados Unidos y Departamento de Agricultura de los Estados Unidos. Guías Alimentarias para los Estadounidenses, 2005. Tabla 4, Calories/Hour Expended in Common Physical Activities. http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter3.htm. Consultado el 15 de mayo de 2012[1].

[1]Sitio web sólo disponible en inglés.

rethink YOUR DRINK

Este material fue producido por la Rama de Educación en Nutrición y Prevención de la Obesidad del Departamento de Salud Pública de California con fondos de SNAP-Ed del USDA, conocido en California como CalFresh. Estas instituciones son proveedoras y empleadoras que ofrecen oportunidades equitativas. CalFresh provee asistencia a gente con bajos ingresos y puede ayudar a comprar comida nutritiva para una mejor salud. Para información sobre CalFresh, llame al 1-888-9-COMIDA. Para información nutricional, visite www.CampeonesDelCambio.net.

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26. 300295 - RYD Choose Health (Large) Poster_Sp

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27. 300296 - Choose My Plate Shopping Cart Sign_En

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Comments:

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It's in the Bag.

Make half your plate fruits and vegetables.

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28. 300297 - Choose My Plate Shopping Cart Kit

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Todo cabe sabiéndolo acomodar.

Haga que la mitad de su plato contenga frutas y verduras.

Para información sobre CalFresh, llame al 1-888-9-COMIDA. Financiado por SNAP-Ed del USDA, un proveedor y empleador que ofrece oportunidades equitativas. Para consejos saludables, visite www.CampeonesDelCambio.net. •Departamento de Salud Pública de California | SIGN-566/Ver. 01/13

29. 300298 - Choose My Plate Shopping Cart Sign_Sp

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30. 300306 - Sugar Synonyms Poster_En

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rethink YOUR DRINK

Beverages: Make Every Sip Count

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? Read the Label

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.

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

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

Amount Per Serving		
Calories 170	Calories from Fat 20	
		%Daily Value*
Total Fat 2.5g		4 %
Saturated Fat 1.5g		8 %
Trans Fat 0g		0 %
Cholesterol 5mg		2 %
Sodium 190mg		8 %
Total Carbohydrate 29g		10 %
Dietary Fiber 1g		5 %
Sugars 27g		
Protein 8g		
Vitamin A 10% • Vitamin C 6%		
Calcium 30% • Iron 4%		

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

Choose Most Often	Drink Less Often
Milk: Low-fat or fat-free	Soda
Water	Sports drinks, energy drinks
100% juice	Fruit-drinks
Fortified soy-based beverages	Sweetened teas, coffees and other beverages
Unsweetened beverages	

I Will Drink More:	I Will Drink Less:

CHAMPIONS for CHANGE™

DAIRY COUNCIL of CALIFORNIA® Healthy Eating Made Easier®

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SIGN-676/Ver. 01/14
DP/01-13/14,200 (TS225)

31. 300307 - RYD Make Every Sip Count_En/Sp

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rethink YOUR DRINK

Beverages: Make Every Sip Count

Parents
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? Read the Label

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.

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

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

Amount Per Serving		
Calories 170	Calories from Fat 20	
		%Daily Value*
Total Fat 2.5g		4 %
Saturated Fat 1.5g		8 %
Trans Fat 0g		0 %
Cholesterol 5mg		2 %
Sodium 190mg		8 %
Total Carbohydrate 29g		10 %
Dietary Fiber 1g		5 %
Sugars 27g		
Protein 8g		
Vitamin A 10% • Vitamin C 6%		
Calcium 30% • Iron 4%		

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

What Size Is Your Drink?

This glass is the actual size of one cup, or 8 ounces.

Compare your cup here. Then check your label to see how much you are drinking.

Choose Most Often	Drink Less Often
Milk: Low-fat or fat-free	Soda
Water	Sports drinks, energy drinks
100% juice	Fruit-drinks
Fortified soy-based beverages	Sweetened teas, coffees and other beverages
Unsweetened beverages	

I Will Drink More:	I Will Drink Less:

CHAMPIONS for CHANGE™

DAIRY COUNCIL of CALIFORNIA® Healthy Eating Made Easier®

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32. 300308 - RYD Make Every Sip Count_En/Vt

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Choosing Healthy Beverages

LEARNING OBJECTIVES

By the end of the lesson, participants will be able to:

- Describe how healthy beverages fit into the MyPlate dietary recommendations.
- Navigate a Nutrition Facts label to find the Ingredient List.
- Understand the link between sugary drinks, obesity, and type 2 diabetes.
- Name types of sugary drinks in their diets.
- Name drinks they and their family can consume instead of sugary drinks.

MATERIALS

- Sign-in sheet
- Name tags (optional)
- Self-stick flip chart paper
- Colored markers
- Nutrition Glossary www.cdph.ca.gov/programs/neopb/Documents/RYD-AR1-Glossary.pdf
- *Drink Label Card Calculations Key* www.cdph.ca.gov/programs/neopb/Documents/RYD-DrinkLabelCards_Final_Print_7_2013.pdf
- Granulated sugar or sugar cubes (approximately one pound)
- Re-sealable snack bags (6 ½" to 3 ¼" size)
- One 20 ounce soda bottle
- *Set of Drink Label Cards* www.cdph.ca.gov/programs/neopb/Documents/RYD-DrinkLabelCards_Final_Print_7_2013.pdf
- *Cucumber Mint Breeze* ingredients for water tasting:
  - 1 cucumber, washed and sliced
  - 1 bunch mint, washed
  - Ice
  - Water
  - Pitcher or dispenser
  - Tasting Cups
- *Show Me the Sugar!* handout www.cdph.ca.gov/programs/neopb/Documents/ShowMetheSugar_EN.pdf
- *Cucumber Mint Breeze* recipe card www.cdph.ca.gov/programs/neopb/Documents/CucumberMintBreeze.pdf
- *Choose MyPlate* handout www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf
- *Make Better Beverage Choices—10 Tips to Get Started* handout www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet19MakeBetterBeverageChoices.pdf

33. 300390 - RYD Toolbox Lesson_En

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- ◯ We use this material and we recommend the following changes (see recommendations in "Comments" box below)
- ◯ We don't currently use this material; but with the following changes, we would (see recommendations in "Comments" box below)
- ◯ We do not use this material and have no plans to use it regardless of changes

Comments:

*

選擇健康飲料

學習目標

這課堂後，學員們能夠做到以下事項：

- 描述健康飲料如何符合『MyPlate』飲食建議。
- 瀏覽營養成份標籤以找到成份表。
- 了解含糖飲料、肥胖和 2 型糖尿病之間的聯繫。
- 說出其飲食中的含糖飲料的類型。
- 說出自己和家人可以飲用哪些飲料來代替含糖飲料。

教材

- 登記表
- 名牌（非必要）
- 自黏式活動示教板用紙
- 彩色麥克筆
- 營養成份詞彙表
  www.cdph.ca.gov/programs/neopb/Documents/RYD-AR1-Glossary.pdf
- *飲料標籤卡計算題答案*
  www.cdph.ca.gov/programs/neopb/Documents/RYD-DrinkLabelCards_Final_Print_7_2013.pdf
- 砂糖或方糖（約 1 磅）
- 可重複密封零食袋（6 ½ 英吋至 3 ¼ 英吋大小）
- 1 個 20 安士的汽水瓶
- *一組飲料標籤卡*
  www.cdph.ca.gov/programs/neopb/Documents/RYD-DrinkLabelCards_Final_Print_7_2013.pdf
- 用於品水活動的*黃瓜薄荷特飲*材料
  - 1 個黃瓜，洗淨，切片
  - 1 束薄荷，洗淨
  - 冰
  - 水
  - 水壺或飲水機
  - 品嚐杯
- *給我看看這些糖！*宣傳資料
  www.cdph.ca.gov/programs/neopb/Documents/ShowMetheSugar_EN.pdf
- *黃瓜薄荷特飲*食谱卡
  www.cdph.ca.gov/programs/neopb/Documents/CucumberMintBreeze.pdf
- *選擇『MyPlate』*宣傳資料
  www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf
- *選擇更好的飲料——10 個入門秘訣*宣傳資料
  www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet19MakeBetterBeverageChoices.pdf

34. 300391 - RYD Toolbox Lesson_Ch

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Comments:

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rethink YOUR DRINK

讓我認識糖！

糖有許多名稱。

糖有許多種形態。以下是配料表中常見的一些糖類名稱：

大麥麥芽	高果糖玉米糖漿
紅糖	蜂蜜
甘蔗汁	麥芽糖糊精
玉米糖漿	楓糖漿
右旋糖	糖蜜
果糖	糖粉
葡萄糖	粗糖
蔗糖	

營養成分

份量大小 1條
每包內份數 6份

每份含量	
卡路里 150	
	% **每日需求量** *
脂肪總量 2.5g	**4%**
飽和脂肪 0 g	
反式脂肪 0 g	
鈉 85 mg	**4%**
碳水化合物總量 30 g	**10%**
糖 12 g	
蛋白質 3 g	**6%**

*每日需求量百分比以2,000卡路里飲食為基礎計算得出。

找糖

要瞭解包裝內食品的含糖量，查看包裝上的**營養成分**標籤。找到**糖**這個字，看看每份食品的含糖量是多少。

要瞭解糖的形態，查看**配料表**。

配料：

燕麥麩、大米、**玉米糖漿**、**糖**、**果糖**、果糖、全穀物燕麥片、**右旋糖**、燕麥和果簇（烤燕麥[燕麥片、**糖**、大豆油、**蜂蜜**、**糖蜜**]糖、燕麥片、草莓味蘋果、**玉米糖漿**、**紅糖**、天然和人工香料）、**高果糖玉米糖漿**、植物油、含2%或以下的氯化鉀、紅糖、山梨糖醇、麥芽調味劑、天然和人工香料、鹽、脫脂奶粉、全麥麵粉、維生素A、B6、核黃素、 葉酸、維生素B12。

CHAMPIONS for CHANGE

CDPH California Department of Public Health

本材料由加州公共衛生部*健康加州網絡（Network for a Healthy California）*編製，由美國農業部(U. S. Department of Agriculture's, USDA)補充營養援助計劃——教育項目資助，該項目在加州名為CalFresh。CalFresh為低收入家庭提供援助，可以幫助購買營養食品以改善健康。如需CalFresh資訊，請撥打1-877-847-3663。如需重要營養資訊，請造訪www.CaChampionsForChange.net。

8/2015

35. 300392 - RYD - Show Me The Sugar_Ch

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Comments:

*

Cucumber Mint Breeze

Makes 4 servings
1 cup per serving

Prep time:
5 minutes

Ingredients

½ cup sliced cucumbers
1-2 sprigs of fresh mint
ice

Preparation

1. Fill pitcher halfway with ice.
2. Add sliced cucumbers and mint.
3. Fill with water. Chill for at least 20 minutes before serving.
4. Store in refrigerator and drink within 24 hours.

Funded by USDA SNAP-Ed, an equal opportunity provider and employer. • California Department of Public Health #300254/Ver. 05/15

36. 300393 - RYD - Cucumber Mint Breeze Recipe_Ch

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Comments:

*

10 個秘訣
營養教育系列

選擇更好的飲料

開始的 10 個秘訣

您喝的飲料，和您吃的食物一樣重要。很多飲料含有添加的糖份，當中只含少量或全無營養，而有些飲料可能有營養，但就含太多脂肪和卡路里。以下的秘訣，助您選擇更好的飲料。

1 喝水

在口渴時，喝水以代替甜的飲料。一般的汽水、能量飲品或運動飲品，以及其他甜的飲料，通常都含有大量添加的糖份，所提供的卡路里比您需要的更多。要維持健康的體重，應多喝水或其他卡路里低或不含卡路里的飲料。

2 喝多少水才足夠？

口渴就是您的指標。水是人體重要的養份，但每個人所需的份量都不同。大部分人可以從所吃的食物和喝的飲料中獲得足夠水份。健康的身體可以在一天中平衡所需的水份。假如您非常活躍、在炎熱環境中居住或工作，又或是年長的成年人，應喝大量的水。

3 便宜的選擇

水通常不會太貴。飲用家中的自來水或在出外用餐時喝水，就可以節省金錢。

4 管理您的卡路里

在用餐時及兩餐之間喝水。成年人和兒童每天在飲料中攝取約 400 卡路里，喝水能幫助您管理卡路里。

5 在家中放置適合兒童的飲品

讓水、低脂或脱脂牛奶，或純鮮果汁成為您家中容易有的飲品選擇。把隨時可用的容器裝滿水或健康飲料，放置在冰箱中。當兒童外出時，在午餐盒或背包中放入水或健康飲料，方便飲用。視乎年齡而家，兒童每天可飲用半杯至一杯純鮮果汁或蔬菜汁*，成年人則最多可飲用一杯。

6 不要忘記您的奶類**

在您選擇奶類或奶類代替品時，應選擇低脂或脱脂奶或強化的豆奶。每種奶類都提供相同的重要養份，例如鈣質、維生素 D 和鉀，但卡路里含量就有很大差異。較年長的兒童、青少年和成年人每天需要 3 杯奶，而 4 至 8 歲兒童就需要 2½ 杯，2 至 3 歲兒童需要 2 杯。

7 享受您的飲料

當喝水並不足夠，您可以享受您所選擇的飲料，只需要減少份量。緊記查看食用份量和每罐、每瓶或每個容器中的份數，不要超出所需的卡路里。選擇較細小的罐、杯或玻璃杯，以代替較大或特大的選擇。

8 隨時喝水

水永遠最方便。在清潔並可重複使用的水瓶內注滿水，放入袋或公事包中，一天中口渴時便可飲用。可重複使用的水瓶也較為環保。

9 查看營養資訊

在超級市場中利用營養資訊標籤，選擇合適飲料。標籤包括有關總糖份、脂肪和卡路里的資料，可以幫助您作出更佳選擇。

10 比較您的飲料

Food-A-Pedia是在 ChooseMyPlate.gov/SuperTracker 提供的一項網上功能，可以幫助您比較您最愛飲料中的卡路里、添加的糖份和脂肪。

*純鮮果汁屬於水果或蔬菜類。果汁應佔建議總水果或蔬菜攝取量的一半或以下。

** 牛奶屬於奶類。一杯 = 1 杯牛奶或乳酪、1½ 安士的天然芝士，或 2 安士的加工芝士。

USDA United States Department of Agriculture
Center for Nutrition Policy and Promotion

更多資訊，請瀏覽 www.ChooseMyPlate.gov。

DG TipSheet No. 19
2012 年 5 月
USDA 為平等機會服務提供者和僱主。

37. 300394 - RYD Make Better Choices_Ch

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Comments:

*

Kev Xaiv Cov Dej Qab Zib Zoo Rau Kev Noj Qab Haus Huv

KEV KAWM COV HOM PHIAJ

Thaum kawg ntawm qhov kev kawm no, cov neeg tuaj koom tuaj yeem:

- Piav qhia seb hom dej qab zib zoo rau kev noj qab haus huv dab tsi thiaj phim raws li cov lus qhia txog cov khoom noj zoo ntawm MyPlate.
- Daim ntawv lo qhia txog Hom Khoom Noj Zoo qhia txog kev nrhiav Cov Khoom Noj Sib Xyaws Ua Ke.
- Nkag siab txog feem sib cuam tshuam ntawm cov dej haus qab zib, kev rog, thiab hom kab mob ntshav qab zib hom 2.
- Hom npe dej qab zib nyob hauv yam khoom no.
- Cov dej haus uas lawv thiab lawv tsev neeg tuaj yeem haus txhawm rau hom dej qab zib.

COV NTAUB NTAWV

- Daim ntawv tso npe nkag
- Daim paib npe (xaiv tau)
- Tus ceg tuav daim ntawv loj
- Cov cwjpwm sau tso xim
- Cov Ntsiab Lus Ntawm Khoom Noj Zoo www.cdph.ca.gov/programs/neopb/Documents/RYD-AR1-Glossary.pdf
- *Kev Xam Txog Feem Tseem Ceeb Ntawm Daim Ntawv Los Rau Hom Dej Haus* www.cdph.ca.gov/programs/neopb/Documents/RYD-DrinkLabelCards_Final_Print_7_2013.pdf
- Piam thaj ntsiav los sis piam thaj ntsiav ua plaub fab (thaj tsam ib phaus)
- Cov hnab (dav 6 ½" to 3 ¼")
- lb fwj dej soda 20 ounce
- *Cov Ntawv Los Rau Hom Dej Haus* www.cdph.ca.gov/programs/neopb/Documents/RYD-DrinkLabelCards_Final_Print_7_2013.pdf
- *Dib Mos xyaws nrog kom qab li dej:*
  - 1 lub dib, ntxuav thiab muab xuam
  - 1 pob txuj lom, ntxuav
  - Dej Khov
  - Dej
  - Lub tshob los sis lub sib tod
  - Cov Khob Sim
- *Qhia Cov Piam Thaj Rau Kuv!* daim ntawv qhia www.cdph.ca.gov/programs/neopb/Documents/ShowMetheSugar_EN.pdf
- *Dib Mos* daim npav qhia ua noj haus www.cdph.ca.gov/programs/neopb/Documents/CucumberMintBreeze.pdf
- *Xaiv MyPlate* daim ntawv qhia www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf
- *Los Pib Xaiv 10 Yam Tswv Yim Xaiv Hom Dej Haus* Qab Zib Zoo daim ntawv qhia www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet19MakeBetterBeverageChoices.pdf

38. 300395 - RYD Toolbox Lesson_Hm

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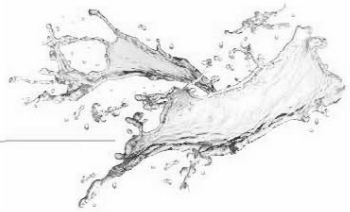
Comments:

*

rethink YOUR DRINK

Qhia Kuv txog cov Piam Thaj!



PIAM THAJ MUAJ NTAU LUB NPE

Piam thaj muaj ntau hom. Nov yog tej npe rau cov piam thaj thaum sau Tej Yam Khoom uas nyob rau hauv:

- Barley malt
- Piam thaj xim kas fes
- Kua kab tsib
- Kua qab zib los ntawm pob kws (Corn syrup)
- Dextrose
- Fructose
- Piam Thaj
- Sucrose
- Cov kua qab zib los ntawm pob kws (High fructose corn syrup)
- Zib ntab
- Maltodextrin
- Maple syrup
- Kua suab thaj (Molasses)
- Hmoov piam thaj
- Piam thaj ntshiab huv

Tej Kev Tseeb txog Zaub Mov

Ib Qho Luaj Li Cas 1 tug
Pes Tsawg Qhov hauv Ib Pob Khoom 6

Pes Tsawg Qhov Hauv Ib Qho	
Calories 150	
	% Ib Hnub Pes Tsawg Feem Pua *
Tag Nrho cov Roj 2.5g	**4%**
Cov Roj Saturated 0 g	
Cov Roj Trans 0 g	
Ntsev 85 mg	**4%**
Tag Nrho cov Carbohydrate 30 g	**10%**
Cov Piam Thaj 12 g	
Protein 3 g	**6%**

*Ib Hnub Pes Tsawg Feem Pua nyob ntawm qhov uas yus noj 2,000 calorie zaub mov txhua hnub.

NRHIAV KOM TAU COV PIAM THAJ

Yog xav paub seb muaj piam thaj npaum li cas hauv pob no, xyuas tej **Kev Tseeb txog Zaub Mov (Nutrition Facts)** hauv daim ntawv lo pob khoom. Nrhiav kom tau cov lus Piam Thaj seb muaj **piam thaj** npaum li cas hauv ib qho.
Yog xav paub txog tej hom piam thaj, xyuas seb muaj tej **Yam Khoom.**

TEJ YAM KHOOM UAS NYOB HAUV:

Oat bran, mov, **kua qab zib los ntawm pob kws**, **piam thaj**, **fructose**, whole grain rolled oats, **dextrose**, oat thiab txiv hmab txiv ntoo (cov oat uas muab ci [cov oat uas tsuam, **piam thaj**, cov roj taum pauv, **zib ntab**, **molasses**] **piam thaj**, cov oat uas tsuam, cov txiv as paum uas qab li txiv pos npuab, **kua qab zib los ntawm pob kws**, **piam thaj xim kas fes**, cov khoom ib txwm qab thiab cov khoom qab cuav), cov kua qab zib los ntawm pob kws (high fructose corn syrup), roj zaub, muaj tsawg tshaj 2% potassium chloride, **piam thaj xim kas fes**, sorbitol, cov khoom qab li malt, cov khoom ib txwm qab thiab cov khoom qab cuav, ntsev, mis nyuj qhuav uas tsis muaj roj, cov hmoov mog, vitamees A, B6, riboflavin, folic acid, vitamees B12.

CHAMPIONS for CHANGE

CDPH California Department of PublicHealth

Lub Rooj Tsav Xwm Saib Xyuas cov Pej Xeem Kev Noj Qab Nyob Zoo Qhov Kev Pab kom California yuav Noj Qab Nyob Zoo tau ua cov ntaub ntawv no nrog rau cov nyiaj uas tau los ntawm Teb Chaws Amelikas lub Rooj Tsav Xwm rau Kev Ua Liaj Ua Teb (U. S. Department of Agriculture's, USDA) Qhov Khoos Kas Pab Yuav Zaub Mov Noj-Kev Kawm Ntawv, uas muaj npe hauv California hu ua CalFresh. CalFresh muab kev pab rau tej yim neeg uas tsis tshua muaj nyiaj thiab pab yuav tej yam zaub mov zoo kom tib neeg yuav haj yam noj qab nyob zoo. Yog xav paub ntxiv txog CalFresh, hu 1-877-847-3663. Rau tej xov xwm tseem ceeb hais txog kev noj qab haus huv, xyuas hauv www.CaChampionsForChange.net.

8/2015

39. 300396 - RYD Show Me The Sugar_Hm

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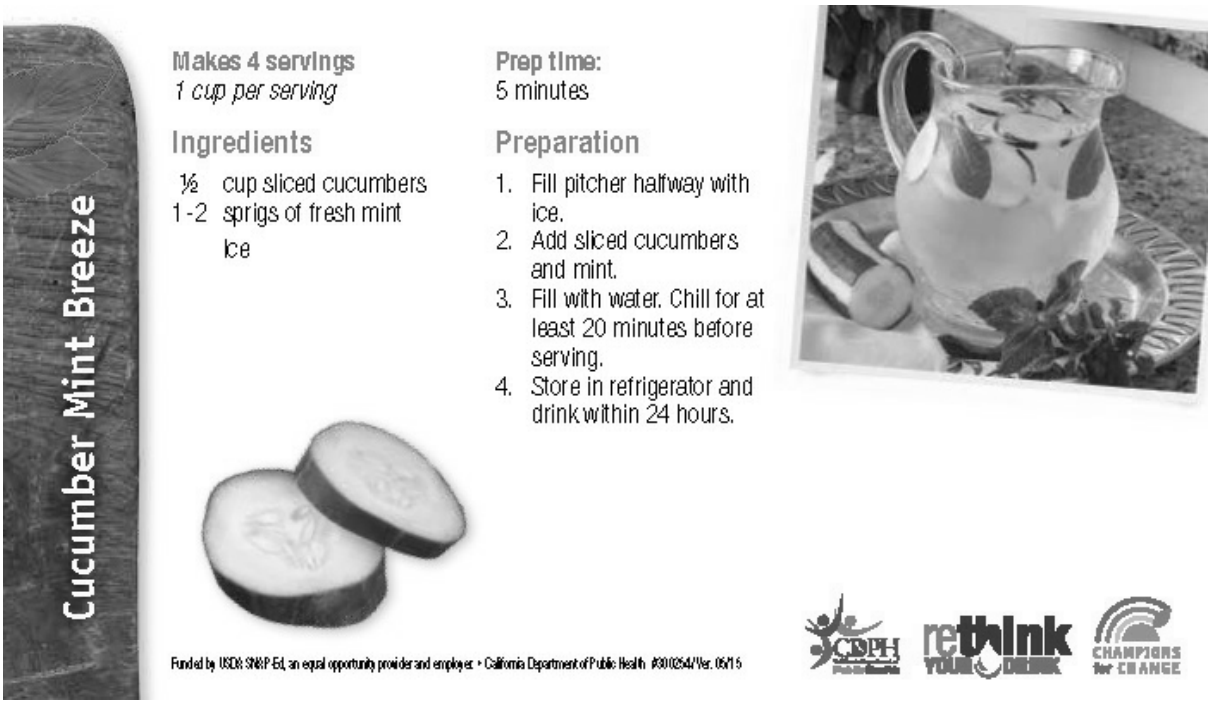

Cucumber Mint Breeze

Makes 4 servings
1 cup per serving

Prep time:
5 minutes

Ingredients

½ cup sliced cucumbers
1-2 sprigs of fresh mint
ice

Preparation

1. Fill pitcher halfway with ice.
2. Add sliced cucumbers and mint.
3. Fill with water. Chill for at least 20 minutes before serving.
4. Store in refrigerator and drink within 24 hours.

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40. 300397 - RYD Cucumber Mint Breeze Recipe_Hm

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Comments:

*

10
nqe lus qhia
Cov Lus Cob Qhia txog As Ham

xaiv cov dej kom zoo haus dua

10 nqe lus qhia rau pib ua

Yam koj haus tseem ceeb npaum li yam koj noj. Ntau hom dej xyaw piam thaj thiab tsis muaj as ham dabtsi ntau li, hos lwm hom dej muaj as ham tab sis muaj roj thiab calories ntau dhau. Ntawm no yog ib co lus qhia kom koj paub xaiv cov dej zoo haus.

1 haus dej ntshiab

Haus dej ntshiab es txhob haus dej qab zib thaum koj qhuav siab. Dej qab zib, dej muaj zog los yog dej ua kis las, thiab lwm hom dej qab zib feem ntau muaj piam thaj ntau, uas muaj calories ntau tshaj li qhov txaus siv. Yuav kom txhob rog dhau, haus dej ntshiab los yog lwm yam dej uas tsis muaj calories.

2 yuav haus dej ntshiab ntau licas thiaj txaus?

Ntsuas raws li qhov koj nqhis dej. Dej ntshiab yog ib yam as ham tseem ceeb rau lub cev, tab sis tib neeg txoj kev tim tsum yuav sib txawv. Feem ntau peb tau dej ntshiab txaus los ntawm cov zaub mov peb noj thiab dej peb haus. Ib lub cev nyob zoo yuav paub ntsuas tias nws tim tsum dej ntau licas hauv ib hnub. Haus dej ntshiab kom ntau txaus yog tias koj siv zog ua haujlwm, nyob los yog ua haujlwm rau tej chaw kub, los yog koj yog ib tug neeg laus.

3 ib yam pheej yig

Feem ntau dej ntshiab yog ib yam pheej yig. Koj yuav txuag tau nyiaj yog koj haus dej ntawm kais los yog thaum mus noj mov tom lab.

4 tswj koj cov calories

Haus dej nrog koj txhua pluas mov thiab tom qab ntawd. Cov neeg laus thiab menyuam yaus haus dej muaj 400 calories tauj ib hnub—kev haus dej yuav pab koj tswj koj cov calories..

5 npaj kom menyuam yaus tau dej haus

Npaj kom hauv koj tsev muaj dej ntshiab, mis nyuj tsis muaj roj los yog muaj roj tsawg, los yog kua txiv hmab txiv ntoo tseem 100%. Npaj kom muaj cov taub twb ntim dej ntshiab los yog dej zoo haus nyob hauv tub yees. Muab cov dej no ntim rau hauv cov hnab nqa mov los yog hnab ev kom menyuam yaus tau haus thaum mus tawm rooj. Nyob ntawm hnoob nyoog, menyuam yaus haus tau ½ txog 1 khob, hos neeg laus haus tau 1 khob kua txiv los yog kua zaub* 100% hauv ib hnub.

6 tsis txhob hnov qab koj cov mis nyuj**

Thaum koj xaiv mis nyuj lossis lwm hom hloov, xaiv cov mis nyuj muaj roj tsawg lossis tsis muaj roj li los yog cov kua taum xyaw as ham. Txhua hom mis nyuj muaj as ham zoo tib yam xws li calcium, vitamin D, thiab potassium, tab sis lawv nyias muaj nyias calories. Cov menyuam yaus loj zog, tub ntxhais hluas, thiab neeg laus yuav tsum haus 3 khob mis nyuj txhua hnub, hos cov menyuam 4 txog 8 xyoo yuav tsum haus 2½ khob hos menyuam 2 rau 3 xyoos yuav tsum haus 2 khob.

7 nyiam koj hom dej

Thaum dej nkaus xwb tsis laj siab—ces haus cov dej koj nyiam haus, tsuav yog txhob hau ntau dhau xwb. Nco ntsoov kuaj seb phuv noj luaj licas thiab muaj pes tsawg phuv noj hauv lub poom, taub, lossis ntim kom noj txaus cov calorie xwb. Xaiv cov poom, khob, lossis khob iav yau txhob xaiv cov loj los yog loj loj heev.

8 npaj dej nrog yus

Dej ntshiab yeej zoo siv heev. Muab ib lub taub yas ntim ib co dej ntshiab tso rau hauv koj lub hnab los yog phij xab kom tau haus tas hnub. Cov taub yas uas rov siv dua kuj pab txua lub ntiaj teb.

9 kuaj cov lus tseeb

Siv cov Lus Qhia txog As Ham kom paub xaiv cov dej tom taj laj tau haus. Daim ntawv lo no qhia txog tias muaj piam thaj, roj, thiab calories ntau pes tsawg kom koj thiaj li paub xaiv zaub mov noj.

10 muab hom koj haus sib piv

Food-A-Pedia, yog ib qho kev siv nyob online ntawm ChooseMyPlate.gov/SuperTracker, los pab koj piv tej calories, piam thaj ntxiv, thiab roj nyob rau hauv koj tej khoom muaj dej.

*100% kua txiv yog nyob hauv Pawg Txiv Hmab Txiv Ntoo lossis Zaub. Kua txiv yuav tsum yog ib nrab lossis tsawg dua ntawm cov txiv hmab txiv ntoo lossis zaub uas noj.

** Mis Nyuj yog ib feem ntawm Pawg Mis Nyuj. Ib khob = 1 khob mis nyuj lossis yogurt, 1½ ounces tshij tiag, lossis 2 ounces tshij muab zom lawm.

USDA United States Department of Agriculture
Center for Nutrition Policy and Promotion

Mus rau www.ChooseMyPlate.gov yog xav paub ntxiv.

DG TipSheet No. 19
Tsib hlis 2012
USDA yog ib qho chaw muab kev pab cuam thiab ib tus tswv hauj lwm muab vaj huam sib luag.

41. 300398 - RYD Make Better Choices_Hm

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Lựa Chọn Thức Uống Lành Mạnh

MỤC TIÊU HỌC TẬP

Vào cuối buổi học, các học viên có thể:

- Mô tả các thức uống lành mạnh phù hợp với các khuyến khích dinh dưỡng của MyPlate.
- Hướng dẫn đọc Thành Phần Dinh Dưỡng từ nhãn hiệu để tìm Danh SáchNguyên Liệu.
- Hiểu được mối liên hệ giữa các đồ uống ngọt, bệnh béo phì và bệnh tiểu đường loại 2.
- Nêu tên các loại đồ uống ngọt trong khẩu phần ăn của họ.
- Nêu tên các đồ uống mà họ và gia đình có thể dùng thay cho đồ uống ngọt.

TÀI LIỆU

- Phiếu ghi danh học
- Thẻ tên (tùy chọn)
- Giấy tự dán dùng cho bảng lật
- Bút đánh dấu màu
- Thuật Ngữ Dinh Dưỡng www.cdph.ca.gov/programs/neopb/Documents/RYD-AR1-Glossary.pdf
- *Cách Tính Thẻ Nhãn Đồ Uống* www.cdph.ca.gov/programs/neopb/Documents/RYD-DrinkLabelCards_Final_Print_7_2013.pdf
- Đường tán nhỏ hoặc đường viên (khoảng một pound)
- Các túi đồ ăn nhẹ có thể đóng kín lại được (cỡ từ 6 ½" đến 3 ¼")
- Một chai nước sô-đa 20 ounce
- *Bộ Thẻ Nhãn Đồ Uống* www.cdph.ca.gov/programs/neopb/Documents/RYD-DrinkLabelCards_Final_Print_7_2013.pdf
- Các nguyên liệu của *Cucumber Mint Breeze* để thử vị nước:
  - 1 quả dưa chuột đã rửa và thái lát
  - 1 bó bạc hà đã rửa
  - Đá
  - Nước
  - Bình đựng hoặc ống định lượng
  - Các Cup Thử
- Tài liệu *Hãy Cho Tôi Biết Lượng Đường!* www.cdph.ca.gov/programs/neopb/Documents/ShowMetheSugar_EN.pdf
- Thẻ công thức món *Cucumber Mint Breeze* www.cdph.ca.gov/programs/neopb/Documents/CucumberMintBreeze.pdf
- Tài liệu *Hãy Chọn MyPlate* www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf
- *Tài liệu Lựa Chọn Thức Uống Tốt Hơn – 10 Mẹo Để Bắt Đầu* www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet19MakeBetterBeverageChoices.pdf

42. 300399 - RYD Toolbox Lesson_Vt

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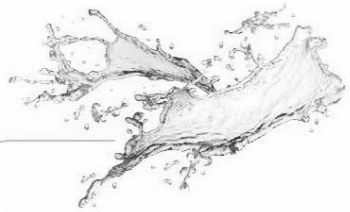
Hãy Cho Tôi biết về Đường!



ĐƯỜNG CÓ NHIỀU TÊN

Đường ở nhiều dạng. Sau đây là một số tên thông thường chỉ đường trong danh sách Thành phần:

- Mạch nha lúa mạch
- Đường nâu
- Nước mía
- Sirô bắp
- Đextroza
- Fructoza
- Glucoza
- Sucroza
- Siro bắp có lượng fructoza cao
- Mật ong
- Maltodextrin
- Sirô cây thích
- Mật đường
- Đường bột
- Đường thô

Thông tin Dinh dưỡng

Số lượng mỗi Khẩu phần 1 thanh
Số lượng Suất dùng trong mỗi Gói sản phẩm 6

Amount?Per?Serving?	
Calories 150	
	% Giá trị Dinh dưỡng Hàng ngày *
Tổng Chất béo 2.5g	**4%**
Chất béo Bảo hoà 0 g	
Chất béo Chuyển hoá 0 g	
Natri 85 mg	**4%**
Tổng lượng Hyđrat-cacbon 30 g	**10%**
Đường 12 g	
Protein 3 g	**6%**

*Giá trị Dinh dưỡng Hàng ngày được dựa trên chế độ ăn 2,000 calo.

TÌM HIỂU LƯỢNG ĐƯỜNG

Để biết lượng đường trong gói sản phẩm, hãy xem nhãn **Nutrition Facts (Thông tin Dinh dưỡng)** trên gói sản phẩm. Tìm từ **Sugars (Đường)** để biết lượng đường trong sản phẩm đó tính theo mỗi suất dùng.
Để biết các dạng đường, xem **Ingredients (Thành phần)**.

THÀNH PHẦN:

Cám yến mạch, gạo, **sirô bắp**, **đường**, **fructoza**, yến mạch cán nhỏ nguyên cám, **đextroza**, yến mạch và trái cây tổng hợp (yến mạch nướng [yến mạch cán nhỏ, **đường**, dầu đậu nành, **mật ong**, **mật đường**] **đường**, yến mạch cán nhỏ, táo hương dâu, **sirô bắp**, **đường nâu**, hương liệu tự nhiên và nhân tạo), **sirô bắp có lượng fructoza cao**, dầu thực vật, chứa 2% kali clorua hoặc ít hơn, **đường nâu**, phụ gia tạo ngọt sorbitol, hương liệu mạch nha, hương liệu tự nhiên và nhân tạo, muối, sữa khô không béo, bột mì nguyên cám, vitamin A, B6, vitamin B2, axít folic, vitamin B12.

Tài liệu này được biên soạn bởi *Mạng lưới Y tế vì một tiểu bang California Khoẻ mạnh* của Sở Y tế Công cộng California với sự tài trợ từ Chương trình- Giáo dục Hỗ trợ Dinh dưỡng Bổ sung của Bộ Nông nghiệp Hoa kỳ (U.S. Department of Agriculture - USDA), tại California có tên là CalFresh. CalFresh hỗ trợ cho những hộ gia đình có thu nhập thấp và có thể giúp mua thực phẩm dinh dưỡng để khoẻ mạnh hơn. Để biết thông tin về CalFresh, xin gọi số 1-877-847-3663. Để biết thông tin dinh dưỡng quan trọng, xin truy cập www.CaChampionsForChange.net.

8/2015

43. 300400 - RYD Show Me The Sugar_Vt

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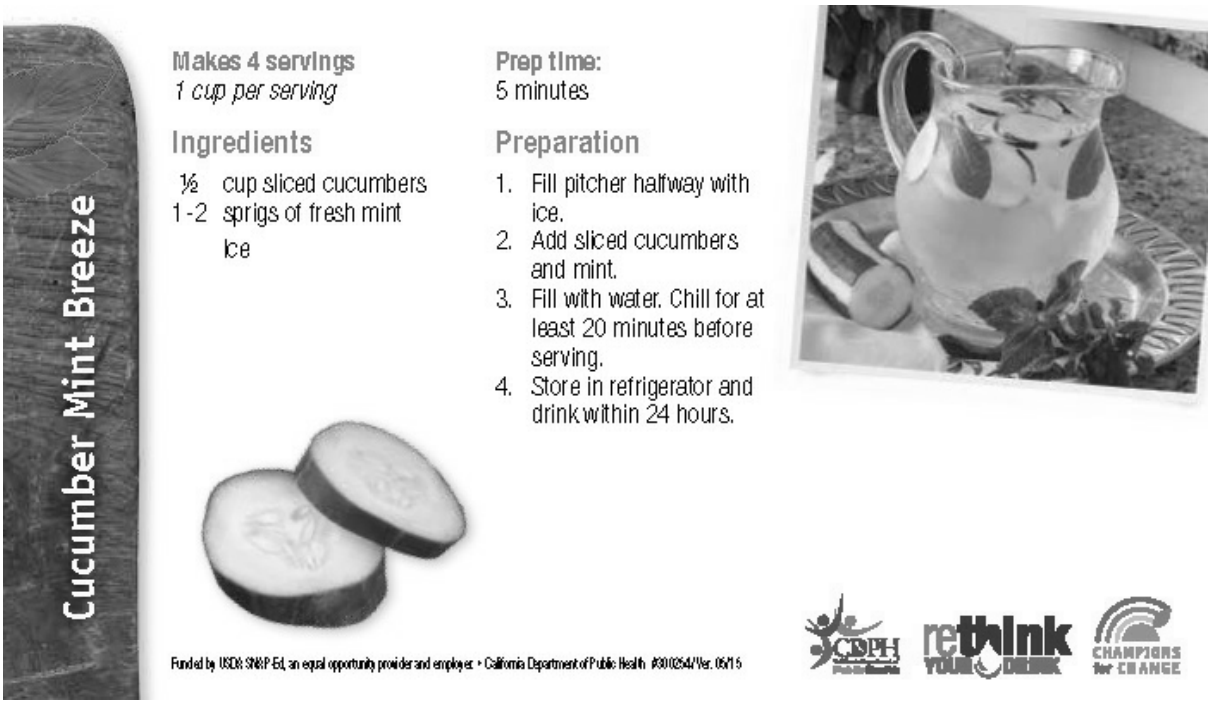

Cucumber Mint Breeze

Makes 4 servings
1 cup per serving

Prep time:
5 minutes

Ingredients

½ cup sliced cucumbers
1-2 sprigs of fresh mint
ice

Preparation

1. Fill pitcher halfway with ice.
2. Add sliced cucumbers and mint.
3. Fill with water. Chill for at least 20 minutes before serving.
4. Store in refrigerator and drink within 24 hours.

Funded by USDA SNAP-Ed, an equal opportunity provider and employer. • California Department of Public Health #300254/Ver. 06/15

44. 300401 - RYD Cucumber Mint Breeze Recipe_Vt

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10 lời khuyên

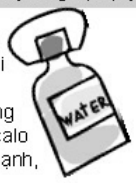
Các lớp Hướng dẫn Dinh dưỡng

lựa chọn những đồ uống tốt hơn

10 lời khuyên để bắt đầu

Đồ uống cũng quan trọng như thức ăn. Nhiều loại đồ uống có chứa nhiều đường và có ít hoặc không có chất dinh dưỡng, trong khi những loại khác có thể cung cấp các chất dinh dưỡng nhưng không có quá nhiều chất béo và quá nhiều calo. Sau đây là một số lời khuyên giúp quý vị lựa chọn đồ uống tốt hơn.

1 uống nước



Uống nước thay vì đồ uống có đường khi khát nước. Soda thông thường, đồ uống năng lượng hoặc thể thao, và các đồ uống ngọt khác chứa nhiều đường, cung cấp nhiều calo hơn mức cần thiết. Để duy trì cân nặng khoẻ mạnh, hãy dùng nước hoặc các thức uống có ít hoặc không có calo.

2 uống bao nhiêu nước là đủ?

Hãy để cơn khát của quý vị quyết định. Nước là chất dinh dưỡng quan trọng cho cơ thể, nhưng nhu cầu của mọi người khác nhau. Hầu hết chúng ta nhận đủ nước từ thức ăn và đồ uống mà chúng ta dùng. Một cơ thể khoẻ mạnh có thể cân đối nhu cầu nước cho một ngày. Uống nhiều nước nếu quý vị hoạt động nhiều, sống hoặc làm việc trong điều kiện nóng, hoặc là một người lớn tuổi.

3 một lựa chọn kinh tế

Nước thường không ảnh hưởng nhiều đến túi tiền của quý vị. Quý vị có thể tiết kiệm tiền bằng cách uống nước từ vòi nước máy tại nhà hoặc khi ăn bên ngoài.

4 quản lý lượng calo của quý vị

Uống nước trong và giữa các bữa ăn. Người lớn và trẻ em tiêu thụ khoảng 400 calo mỗi ngày từ các loại đồ uống - uống nước có thể giúp quý vị quản lý lượng calo của mình.

5 khu đồ uống thân thiện với trẻ em

Nước, sữa ít béo hoặc không béo, hoặc nước ép 100% là lựa chọn dễ dàng tại nhà. Chuẩn bị sẵn những chai nước hoặc thức uống lành mạnh trong tủ lạnh để mang đi. Bỏ chúng vào hộp đựng đồ ăn hoặc ba lô để có thể lấy dễ dàng khi trẻ không ở nhà. Tuỳ vào lứa tuổi, trẻ em có thể uống ½ đến 1 cup, và người lớn có thể uống tối đa 1 cup nước ép trái cây hoặc rau củ 100%* mỗi ngày.

*Nước ép 100% thuộc Nhóm Trái cây và Rau củ. Nước ép cần bổ sung một nửa hoặc ít hơn tổng lượng trái cây hoặc rau củ cần dùng.

6 đừng quên thực phẩm từ sữa**

Khi quý vị lựa chọn sữa hoặc các sản phẩm thay thế sữa, hãy chọn loại sữa ít béo hoặc không béo hoặc sữa đậu nành tăng cường. Mỗi loại sữa cung cấp cùng những thành phần dinh dưỡng chính như canxi, vitamin D, và kali, nhưng số lượng calo rất khác nhau. Trẻ lớn, thanh thiếu niên và người lớn cần 3 cup sữa mỗi ngày, trong khi trẻ em từ 4 đến 8 tuổi cần 2 ½ cup và trẻ em từ 2 đến 3 tuổi cần 2 cup.

7 thưởng thức đồ uống của quý vị

Khi không muốn uống nước —cứ thưởng thức món đồ uống ưa thích nhưng giảm bớt lại. Hãy nhớ kiểm tra số lượng mỗi suất dùng và số suất dùng trong lon, chai, hoặc bình chứa để không vượt quá nhu cầu calo. Chọn các loại lon, tách, hoặc ly nhỏ thay vì chọn loại lớn hoặc siêu lớn.

8 nước mang đi

Nước luôn thuận tiện. Lấy nước vào chai sạch có thể dùng lại và bỏ vào trong túi hoặc hành lý của quý vị để giải cơn khát trong ngày. Các chai có thể dùng lại cũng thuận lợi cho môi trường.

9 kiểm tra thông tin

Dùng nhãn Thông tin Dinh dưỡng để chọn các thức uống tại cửa hàng thực phẩm. Nhãn này có thông tin về tổng lượng đường, các chất béo và calo để quý vị có những lựa chọn tốt hơn.

10 so sánh các đồ uống của quý vị

Food-A-Pedia (Bách khoa về Thực phẩm), một tính năng trực tuyến có tại ChooseMyPlate.gov/SuperTracker, có thể giúp quý vị so sánh lượng calo, đường, và chất béo trong những đồ uống ưa thích của quý vị.

** Sữa là một phần trong Nhóm Sản phẩm từ Sữa. Một cup = 1 cup sữa hoặc sữa chua, 1 ½ ounce phô mai tự nhiên, hoặc 2 ounce phô mai được chế biến.

USDA United States Department of Agriculture
Center for Nutrition Policy and Promotion

Truy cập www.ChooseMyPlate.gov để biết thêm thông tin.

DG TipSheet No. 19
Tháng Năm, 2012
USDA là một cơ quan tuyển dụng và cung cấp cơ hội bình đẳng

45. 300402 - RYD Make Better Choices_Vt

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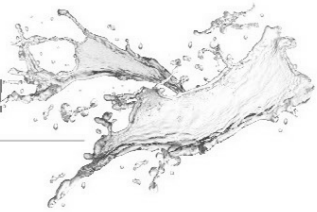
rethink YOUR DRINK

¡Muéstrame el azúcar!



EL AZÚCAR TIENE MUCHOS NOMBRES

El azúcar tiene varias presentaciones. Estos son algunos de los nombres más comunes del azúcar que aparecen en las listas de ingredientes:

Malta de cebada	**Jarabe de maíz alto en fructosa**
Azúcar morena	**Miel**
Jugo de caña	**Maltodextrina**
Jarabe de maíz	**Miel de maple**
Dextrosa	**Melazas**
Fructosa	**Azúcar glas**
Glucosa	**Azúcar sin refinar**
Sacarosa	

ENCUENTRE EL AZÚCAR

Para saber cuánta azúcar contiene el paquete, revise la etiqueta de **datos nutricionales**. Busque la palabra **azúcares** para saber cuánta azúcar contiene el alimento por porción.

Para encontrar las presentaciones del azúcar, revise los **ingredientes.**

Información nutricional

Tamaño de la porción 1 barra
Porciones por envase 6

Cantidad por porción	
Calorías 150	
	% del Valor Diario*
Grasa total 2.5 g	**4%**
Grasa saturada 0 g	
Grasas trans 0 g	
Sodio 85 mg	**4%**
Carbohidratos totales 30 g	**10%**
Azúcares 12 g	
Proteína 3 g	**6%**

*Los porcentajes del Valor Diario se basan en una dieta de 2,000 calorías.

INGREDIENTES:

Salvado de avena, arroz, **jarabe de maíz**, **azúcar**, **fructosa**, hojuelas de avena integral, **dextrosa**, avena con fruta (avena tostada [hojuelas de avena, **azúcar**, aceite de soya, **miel**, **melazas**], **azúcar**, hojuelas de avena, manzanas con sabor a fresa, **jarabe de maíz**, **azúcar morena**, saborizantes naturales y artificiales), **jarabe de maíz con alto contenido de fructosa**, aceite vegetal, contiene 2% o menos de cloruro de potasio, **azúcar morena**, sorbitol, saborizante de malta, saborizante natural y artificial, sal, leche descremada en polvo, harina de trigo entero, vitamina A y B6, riboflavina, ácido fólico y vitamina B12.

CHAMPIONS for CHANGE Network for a Healthy California

CDPH California Department of Public Health

Este material fue producido por la Rama de Educación en Nutrición y Prevención de la Obesidad del Departamento de Salud Pública de California con fondos del *Supplemental Nutrition Assistance Program-Education* del Departamento de Agricultura de los Estados Unidos. (USDA, por sus siglas en inglés), conocido en California como CalFresh. CalFresh provee asistencia a gente con bajos ingresos y puede ayudar a comprar comida nutritiva para una mejor salud. Para información sobre CalFresh, llame al 1-888-9-COMIDA. Para información nutricional, visite www.CampeonesDelCambio.net.

OSP Publication # 300413 / Rev 11/15

46. 300413 - RYD Show Me The Sugar_Sp

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Comments:

*

10 consejos
Serie de educación en nutrición

Elija mejor las bebidas que toma

10 consejos para comenzar

Lo que toma es tan importante como lo que come. Muchas bebidas contienen azúcar agregada y ofrecen muy pocos nutrientes o ninguno, mientras que otras ofrecen nutrientes pero también mucha grasa y muchas calorías. Estos son algunos consejos que le ayudarán a elegir mejor las bebidas que toma.

1 Tome agua

Cuando tenga sed, tome agua en lugar de bebidas azucaradas. El refresco normal, las bebidas energéticas o deportivas y otras bebidas dulces generalmente contienen mucha azúcar agregada, lo cual proporciona más calorías de las que se necesitan. Para mantener un peso saludable, beba sorbos de agua o de otras bebidas con menos calorías o sin calorías.

2 ¿Cuánta agua es suficiente?

Deje que su sed sea la guía. El agua es un nutriente importante para el cuerpo, pero las necesidades de cada persona son distintas. La mayoría de las personas obtenemos suficiente agua de los alimentos que comemos y las bebidas que tomamos. Un cuerpo saludable puede equilibrar sus necesidades de agua a lo largo del día. Tome mucha agua si es una persona muy activa, si vive o trabaja en lugares que se encuentran a altas temperaturas o si es un adulto mayor.

3 Una opción económica

Generalmente, tomar agua le sienta bien a la cartera. Puede ahorrar dinero si toma agua de la llave en casa o cuando come fuera.

4 Controle las calorías

Beba agua cuando come y entre comidas. Los adultos y los niños toman alrededor de 400 calorías en sus bebidas cada día; por eso, beber agua puede ayudar a controlar las calorías.

5 Bebidas recomendadas para los niños

Haga que el agua, la leche baja en grasa o descremada y el jugo 100% natural sean una opción fácil en casa. Tenga listos y a la mano recipientes llenos de agua o bebidas saludables en el refrigerador. Póngalos en loncheras o mochilas para que los niños puedan tomarlos cuando estén lejos de casa. Dependiendo de su edad, los niños pueden tomar ½ vaso o 1 vaso de jugo 100% natural de frutas o verduras cada día, y los adultos pueden tomar hasta 1 vaso.

*El jugo 100% natural es parte del grupo de frutas y verduras. La cantidad de jugo debe ser de la mitad o menos del total de la ingesta recomendada de frutas y verduras.

6 No olvide los productos lácteos**

Al elegir leche u otras opciones en lugar de leche, escoja la leche baja en grasa o descremada, o la leche de soya fortificada. Cada tipo de leche proporciona los mismos nutrientes principales como calcio, vitamina D y potasio, pero el número de calorías es muy distinto. Los niños más grandes, los adolescentes y los adultos necesitan 3 vasos de leche al día, mientras que los niños de 4 a 8 años necesitan 2½ vasos y los de 2 a 3 años necesitan 2 vasos.

7 Disfrute su bebida

Cuando el agua no sea suficiente, disfrute la bebida que quiera, pero limite un poco la cantidad. Recuerde revisar el tamaño de la porción y el número de porciones en la lata, botella o envase para consumir solamente las calorías que necesita. Elija latas, tazas o vasos más pequeños, en lugar de los grandes o extragrandes.

8 Agua para llevar

Siempre conviene tener agua a la mano. Llene de agua una botella limpia y reutilizable y échela en su bolsa o portafolios para saciar la sed a lo largo del día. Usar botellas reutilizables también es positivo para el medio ambiente.

9 Revise la información

Revise la etiqueta de datos nutricionales al elegir bebidas en la tienda de abarrotes. La etiqueta contiene información sobre los azúcares, las grasas y las calorías totales que le servirá para tomar mejores decisiones.

10 Compare las bebidas

Food-A-Pedia, una aplicación en línea disponible en ChooseMyPlate.gov/SuperTracker, puede ayudarle a comparar las calorías, la cantidad de azúcar agregada y las grasas que tienen sus bebidas favoritas.

** La leche es parte del grupo de productos lácteos. Un vaso = 1 vaso de leche o yogurt, 1½ onzas de queso natural o 2 onzas de queso procesado.

USDA United States Department of Agriculture
Center for Nutrition Policy and Promotion

Consulte www.ChooseMyPlate.gov para obtener más información.

DG TipSheet No. 19
El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.
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47. 300414 - RYD Make Better Choices_Sp

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NEOPB Rethink Your Drink Materials

Based on your work with the audience and this subject matter are there any identified needs to better serve SNAP-Ed participants?

Age Group - are any additional materials needed for any specific age group?

◯ Yes

◯ No

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Please list specific age group materials are needed for:

☐ Pre K

☐ K

☐ Elementary School

☐ Middle School

☐ High School

☐ Adults < 55

☐ Seniors > 55

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Messages - are there any key messages you would recommend incorporating or updating in these materials?

- ◯ Yes
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* Please specify key messages you would recommend incorporating or updating in these materials:

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Materials - are there any key recommendations you would make regarding the materials themselves (online vs paper, size, binding, paper stock, etc...)?

- ◯ Yes
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Languages - other than English and Spanish, are there any materials you would use if available in another languages?

- ◯ Yes
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* Please list up to three materials and the preferred language.

NEOPB Rethink Your Drink Materials

What, if any, additional sugary drinks would you like to see incorporated into the materials? (List drink and target audience to whom it is relevant e.g. horchata - Latinos)

What, if any, additional healthy drinks would you like to see incorporated into the materials (list drink and target audience to whom it is relevant e.g. unsweetened almond milk - adults)

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Please add any additional comments:

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* Thank you for your thoughtful participation. If, in the future, NEOPB assembles a *Rethink Your Drink* Workgroup, would someone from your county's SNAP-Ed Program be interested in participating?

- ◯ Yes
- ◯ No
- ◯ Possibly