



# Healthy Eating

## Drinks, Desserts, Snacks, and Eating Out

### Avoid sugar-sweetened drinks

- Sugar-sweetened drinks include regular soda, sports and energy drinks, fruit punch, lemonade, chocolate milk, and sweet tea.
- Sugar adds a lot of extra calories but no nutrition.
- An average 12-ounce can of soda has 140 calories and about 9 teaspoons of sugar.

➔ Check the drink label for sugar.

Also, check the ingredient portion of labels for other types of sugar such as:

- High fructose corn syrup, corn sugar, or corn sweetener
- Malt syrup or sucrose syrup
- Fructose, glucose, dextrose, maltose, lactose, sucrose
- Honey or molasses

Nutrition Facts		
Serving Size: 1 Can		
Amount Per Serving		
Calories 140		
%		Daily Value*
Total Fat	0g	0%
Sodium	45mg	2%
Total Carb.	39g	13%
Sugars 39g		
Protein 0g		
Not a significant source of fat cal., sat. fat, trans fat, cholest., fiber, vitamin A, vitamin C, calcium and iron.		
*Percent Daily Values are based on a 2,000 calorie diet.		

Caffeine Content: 34 mg

### INGREDIENTS

**Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Natural Flavors. Caffeine.**

## What can I drink?

- Water!
- Milk
- Carbonated water (seltzer) mixed with a splash of fruit juice.
- Unsweetened or lightly sweetened tea or coffee. If you sweeten tea or coffee, use only 1 or 2 teaspoons of sugar.



➔ If you drink diet sodas, be careful not to drink too much because they may lead to bone loss. Also, some studies show that they do not help people lose weight.

➔ Limit alcoholic drinks to 1 drink per day if you are a woman or 2 drinks per day if you are a man.

## You can eat desserts and still eat healthy

Just be careful *what* desserts you choose and *how* much you eat.

- Save sugary desserts, like cake and ice cream, for special occasions (birthdays and holidays).
- Try eating fruit as a naturally sweet and healthy dessert.
- Stay away from store-bought doughnuts, sweet rolls, cakes, cookies, and cream-filled desserts because they are often made with unhealthy fats and they have a lot of sugar.
- Try eating 1 ounce or less of dark chocolate (50% or more cocoa) as a treat.



## What snacks can I eat?

- Fruits and vegetables
- Nuts ( $\frac{1}{4}$  cup of shelled nuts is a full serving, that's about a small handful)
- Peanut butter (2 tablespoons is a full serving, that's about the size of a ping-pong ball)

➔ When you crave chips or crackers:

- Check the label to be sure they have NO trans fats.
- Read food labels. Avoid foods that have “partially hydrogenated” or “hydrogenated” oil.
- Look for low-salt (low-sodium) options.
- Take small portions. Take a small serving out of the bag and then close the bag and put it away.



## How can I eat healthy at restaurants?

- Stay away from large or “supersized” drinks, or order water with a twist of lemon
- Select healthy sides like fruit cups or side salads.
- Enjoy a burger or sandwich on a whole wheat bun or bread, if available.
- Try grilled or baked chicken, fish, or beans.
- Order pizza with vegetables instead of meat.
- Avoid all-you-can-eat buffets or have a plan before you go in about what and how much you will eat.





## Goals

**Check one or two goals to start working on!**

### **Choose healthy drinks**

- Replace soda, sweet tea, and other sugar sweetened drinks with healthy drinks like water, seltzer, or lightly sweetened tea.
- Avoid drinks that list sugar as the first ingredient.
- Sweeten tea or coffee with no more than 1 or 2 teaspoons of sugar per cup (8 oz).

### **Watch out for unhealthy sweets, desserts and snacks.**

- Save sweets or desserts for special occasions, not every day.
  - When eating sweets or desserts, eat only a small amount
  - A small amount of dark chocolate (more than 50% cocoa) is a good choice, eat 1 ounce or less per serving.
  - Try fruit for dessert.
  - Eat a small amount (1/2 cup) of frozen dessert like ice cream, ice milk, fruit ice, sherbet, or frozen yogurt.
    - Eating one 100% fruit juice popsicle is a good choice.
  - Stay away from store bought sweets. They are often high in sugar and may have trans fats.
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### **Be careful with snack chips and crackers.**

- Instead of chips or crackers, try raw vegetables, fruit, or a small handful of nuts.
- When eating chips and crackers:
  - Try lightly salted chips and crackers made with vegetable oil
  - Read labels and avoid chips made with partially hydrogenated vegetable oils or trans fat
  - Choose whole grain crackers when possible.



### **Make good choices when you eat at restaurants.**

- Eat at home more often. It is healthier than eating out because you know what ingredients you use and can control how much you serve.
- When eating out, choose healthy items such as:
  - Grilled or baked chicken or fish, salads, and beans.
  - Side dishes like fruit cups and side salads.
  - Whole grain breads.
  - Water with a twist of lemon.
- When eating out, be careful how much you eat because restaurant servings are large.
  - Split the meal with a friend.
  - Eat half of the meal and take the other half home.

