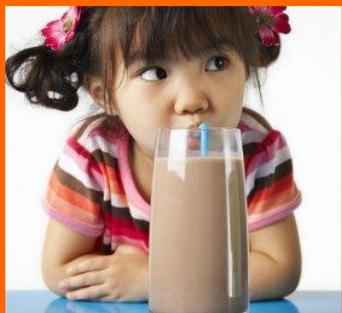


Rethink Your Drink

*Do you pay attention to what you drink each day?
Take a closer look at your favorite drink.*



12 oz. Chocolate Milk
200 Calories



12 oz. Thick Chocolate
Shake
435 Calories



20 oz. Water
0 Calories



20 oz. Soft Drink
235 Calories



20 oz. Sugar-Added
Fruit Drink
300 Calories



20 oz. Sweet Tea
250 Calories

Calories from drinks can really add up!

Before you pick up that bottle of soda, think about replacing it with something your body needs, like water, milk or 100% fruit juice!

Better Beverage Choices Made Easy:

- ❖ For a quick, easy, thirst-quencher, carry a water bottle and refill it throughout the day.
- ❖ Don't "stock the fridge" with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the fridge.
- ❖ Serve lowfat milk or 100% vegetable or fruit juice with meals.

Healthy Drink Recipes

Banana Smoothie

Ingredients:

- 2 large bananas
- 1 cup frozen unsweetened pineapple chunks
- 1 cup ice
- 1-1/2 cups unsweetened pineapple juice
- 1 cup low-fat banana yogurt

Preparation:

Blend in blender until thick and icy. Serve and enjoy. Makes 3 servings.

Strawberry Delight Smoothie

Ingredients:

- 1 cup milk
- 1 cup vanilla yogurt
- 4 large strawberries (or 1 cup frozen strawberries)
- 1 small banana cut up

Blend for one minute.

Preparation:

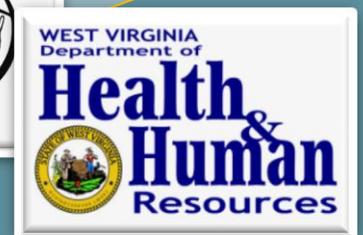
Blend in blender until thick and icy. Serve and enjoy. Makes 3 servings.

What is the Cost of Formula Feeding?

Formula feeding costs money. The dollars add up because you must buy extra formula as your baby grows, since WIC does not give you all the formula your baby will need. Feeding formula may increase the chance of your baby getting sick and having to have more doctor visits and this increases costs as well.

Compared to mother's breast milk, formula is missing many things babies need to be strong, health, and smart.

Breast milk has more of the good things babies need.



This Institution is an equal opportunity provider.