

Name _____



Nutrition Workbook

1st Grade

Nombre _____



Cuaderno de Trabajo de Nutrición 1er Grado



A Note to Families

Dear Family Member,

Your child's class is starting a program called **Let's Eat Healthy** to learn about healthy eating. Your child will be learning to:

- Identify foods and food groups that work together to help your child learn, play, and grow.
- Recognize that a balanced breakfast includes at least 3 food groups.
- Understand how food goes from farm to table.
- Recognize that snacks are mini meals, and healthy foods help the body.
- Understand that beverage choices are just as important as food choices .

The following characters have been introduced to help your child remember the names and foods that belong to each food group.



Mary Dairy



Reggie Veggie



Farrah Fruit



Jane Grain



Dean Protein

Eating foods from the food groups is a healthy habit to practice together each day. Encourage your child to identify the foods eaten each day with these 5 food-group friends. Ask your child to share what the class learned about where food comes from, how to build a super snack, better beverage choices, and healthy options for breakfast.

You are an essential part of your child's good health! You are a role model that has significant influence over the attitudes your child develops around healthy eating patterns, as well as acceptance of a wide variety of different, nutritious foods. We encourage you to involve your child in all aspects of the eating experiences in your home, from shopping to meal preparation to cleanup. Take the time to eat together as a family as many times during the week as you can manage. Aim to make mealtimes a positive experience, with a focus on lively conversation and fun!

Resources will be sent to you through your child's teacher, or you can go directly to the resources at HealthyEating.org/1stGrade. You will find tips and videos to help your family build healthy eating patterns together.



The nutrition information in this program aligns with the Dietary Guidelines for Americans, as reflected in the USDA's MyPlate food icon. Food-group characters and names used in this program adapted from USDA's Team Nutrition, *Discover MyPlate*.

Nota para las familias

Estimado miembro de la familia:

El grupo de su hijo(a) está iniciando un programa llamado **Vamos a comer saludable (Let's Eat Healthy)** para aprender acerca de una alimentación saludable.

Su hijo(a) aprenderá a:

- Identificar comidas y grupos alimenticios que juntos lo ayudan a crecer, aprender, y jugar.
- Reconocer que un desayuno balanceado debe incluir al menos 3 de los grupos alimenticios.
- Comprender cómo es que los alimentos llegan de la granja a la mesa.
- Reconocer que los bocadillos son mini comidas y que la comida saludable beneficia al cuerpo.
- Entender que lo que elige para beber es tan importante como lo que decide comer.

Hemos creado los siguientes personajes para ayudar a que su hijo(a) recuerde los nombres de los grupos alimenticios y los alimentos que corresponden a cada grupo.



Un buen hábito saludable para practicar juntos diariamente es elegir alimentos que estén dentro de los grupos alimenticios. Anime a su hija(o) a identificar lo que come cada día con estos 5 grupos alimenticios. Pídale que comparta con la familia lo que está aprendiendo en su salón de clases sobre el origen de los alimentos, cómo preparar un superbocadillo entre comidas, cuáles son las mejores opciones de bebidas y las opciones saludables para el desayuno.

¡Usted es parte esencial de la buena salud de su hijo(a)! El ejemplo que usted le pone a su hijo(a) tiene influencia sobre lo que decide comer, beber y qué tanto acepta una amplia variedad de alimentos diferentes y nutritivos. Lo invitamos a involucrar a su hijo(a) en todas las decisiones sobre alimentación; desde ir con usted a las compras hasta la preparación de la comida y la limpieza. Tómense el tiempo para comer en familia cuantas veces sea posible durante la semana. ¡Trate de hacer de las comidas una experiencia positiva, llena de conversación animada y diversión!

El maestro de su hijo(a) le enviará material muy útil o usted puede verlo directamente en esta liga: HealthyEating.org/1stGrade. Ahí podrá encontrar consejos y videos para construir junto a su familia patrones de alimentación saludable.



La información nutricional de este programa está basada en las recomendaciones de las Pautas Alimentarias para Estadounidenses, como se refleja en el ícono de alimentos MyPlate de la USDA. Personajes y nombres de grupos alimenticios utilizados en este programa está adaptado por USDA's Team Nutrition, Descubre MiPlato.



Food Groups

These foods work together to help you learn, play, and grow

What is the name of
the food group?

What foods are in
the food group?

How do these foods
help your body?



Dairy

Milk, Yogurt, Cheese



Strong bones
and teeth



Vegetables



Healthy skin
and eyes

Mary Dairy



Fruits



Healing

Reggie Veggie



Grains

Breads, Cereals, Pasta



Energy

Farrah Fruit



Protein

Meat, Beans, Nuts



Strong muscles

Jane Grain



Activity 2

Discover New Foods Using ALL of Your Senses

You may be trying 1 or more of the food samples for the first time.

When you try each food, use your senses → taste, smell, touch, hear, see.



Food	I like this a lot	I like this a little	Not today; maybe next time	What I learned using my senses	Food group

Taste sweet, salty, sour or bitter

Smell the scent of the food

Touch bumpy, smooth, hard, or soft

Hear snap, pop, crackle, and crunch

See all of the colors of the food

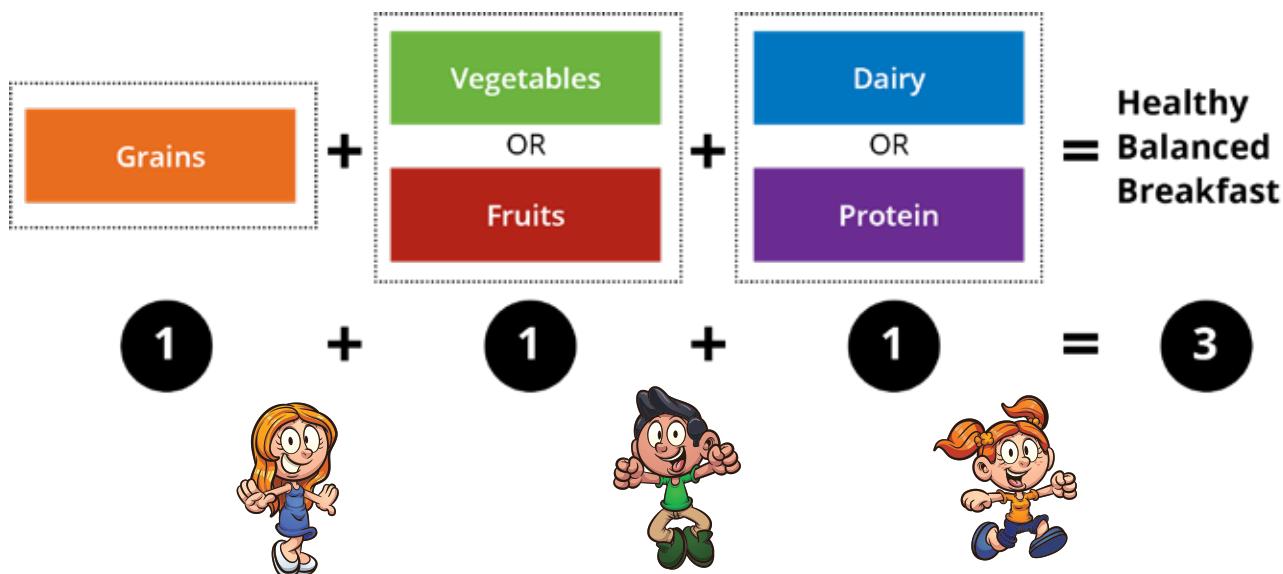


Cooking Crews for Breakfast Ideas!

Can You Build a Balanced Breakfast?

“3 out of 5” Model

For a balanced breakfast, use the “3 out of 5” breakfast model. Use the chart on page 5 for more ideas of what foods to use.



Write one breakfast plan, using the “3 out of 5” model, on each line below.

Example breakfast plan: Corn tortilla, cheese, and salsa.

Breakfast 1 _____

Breakfast 2 _____

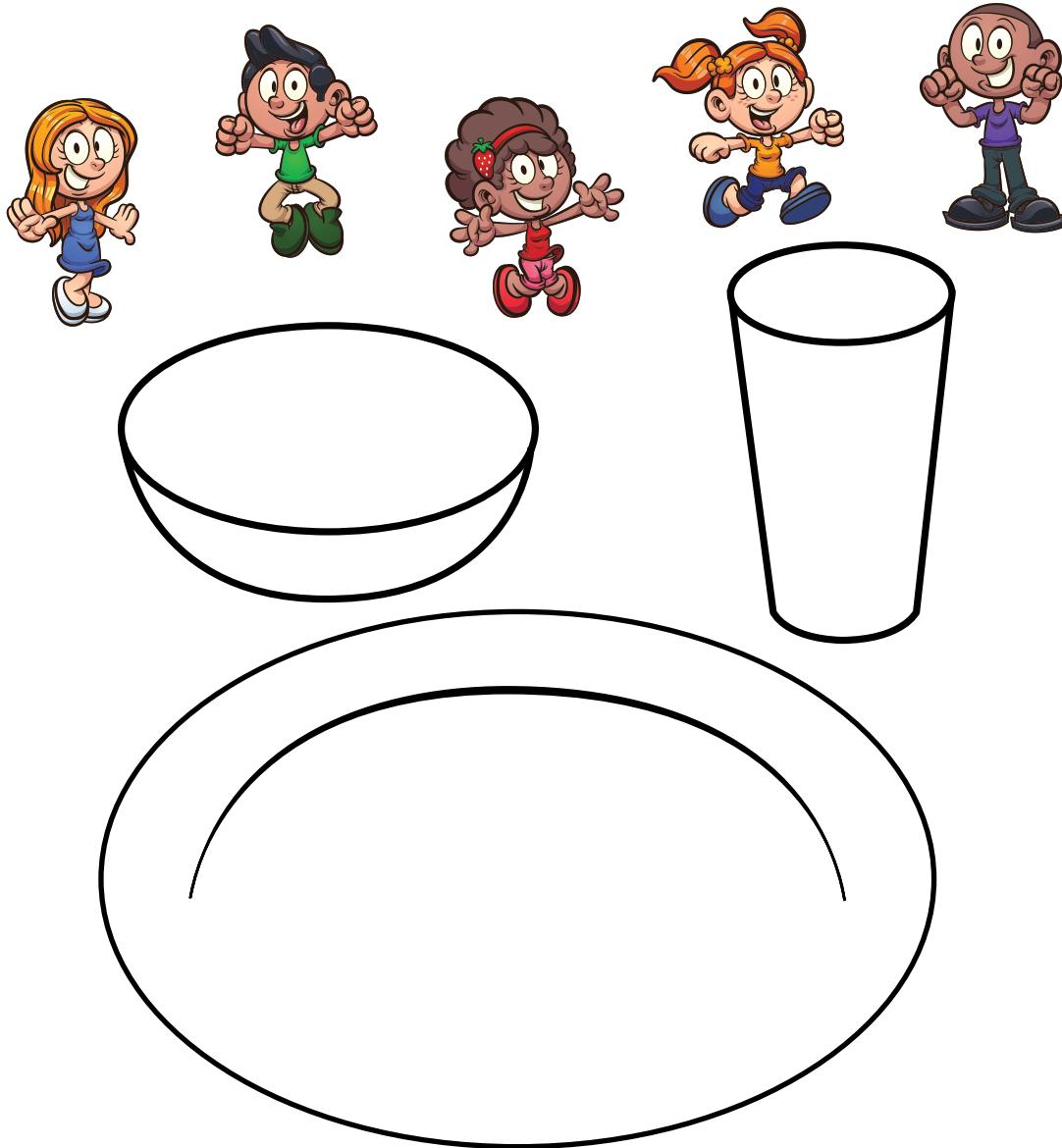
Breakfast 3 _____

Breakfast plan name: _____



Activity 3
Best Breakfast Ever!

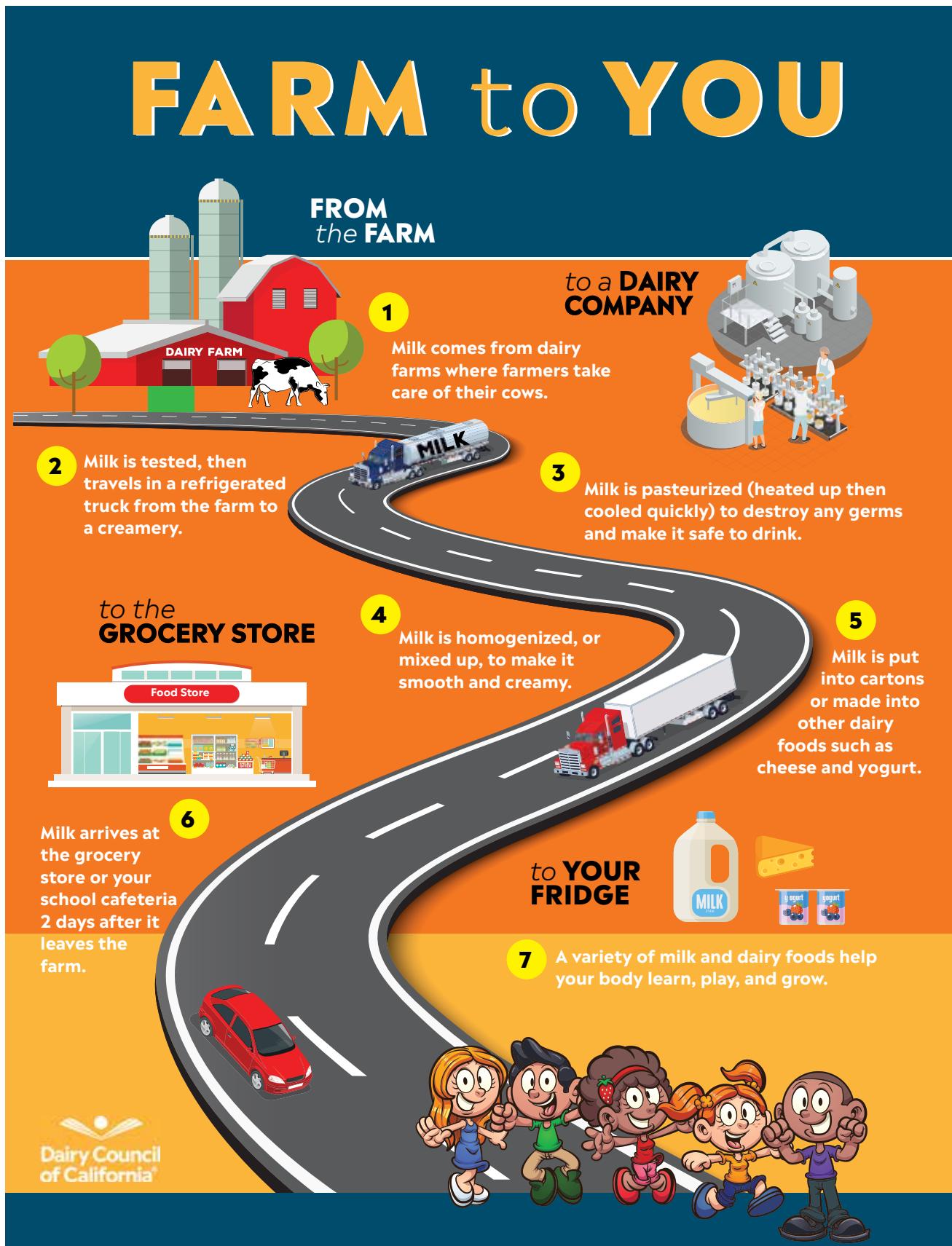
Draw and write the foods that are part of your favorite breakfast.



This breakfast is the best breakfast because _____



Farm to You





Mary Dairy From the Farm



Hi!

My name is Mary Dairy, and when I think of home, I think of the farm. Did you know that milk, yogurt, and cheese are all dairy foods? You have probably tasted many dairy foods and wonder where they come from. Dairy foods are made from milk, and milk comes from cows.

Dairy cows are milked 2 (sometimes 3) times a day. A cow will make 6 to 7 gallons of milk each day, which is more than 2,000 gallons of milk each year. There are 5 dairy breeds in California. The black and white Holstein is the most common. The Jersey is a smaller cow whose milk is used to make cheese. The Brown Swiss, Guernsey, and Ayrshire are other breeds used to make milk.

On the farm, cows are raised by farmers. Farmers are the people that work hard to keep the cows healthy so they can make milk. Farmers grow crops of hay, grain, and grasses for their cows to eat. Cows eat many different plants like hay, grain, cottonseed, almond hulls, sugar beet pulp, and vegetables. Cows drink about 35 gallons of water each day.

Dairy foods like milk, yogurt, and cheese help build strong bones and teeth, have protein to help build and repair muscles, and help maintain healthy skin. Dairy products are a natural powerhouse!

What are dairy foods made from? _____

Where does milk come from? _____

Name 3 crops grown on a farm that cows eat:

1. _____

2. _____

3. _____



Reggie Veggie From the Farm



Hi!

My name is Reggie Veggie. Do you know that vegetables come from plants growing in a field or garden? Vegetables are a colorful rainbow of foods that grow in the ground and get picked when they are ready to eat. Vegetables start as seeds that get planted in the dirt. Seeds need sun, soil, and water to grow into plants. Some vegetables grow above the ground like cucumbers, zucchini, and peppers. Other vegetables grow underground, like radishes, potatoes, and carrots.

I wondered what it would be like to grow my own vegetables. I asked my friends Mary Dairy, Farrah Fruit, and Dean Protein to help me start a garden. We look around my neighborhood for containers and soil. Farrah has some cucumber and carrot seeds left over from her family garden, so we carefully put the little seeds into the soil and sprinkled them with water. Dean helps me put the garden pots in a sunny spot. Mary says they need water every day, so we all take turns.

Seven days later, we see little green sprouts poke out of the soil. In just a month, bushy plants and little cucumbers form. The carrots are green and leafy, and then we see orange popping out from underground! We have a picnic with the vegetables we harvest. Those little seeds make so much food!

Growing vegetables is fun, and eating vegetables makes healthy skin and sharp eyes. Vegetables taste great, raw or cooked, and seeds can be grown easily as long as you have sun, soil, and water.

What 2 things do seeds need to grow once they are planted in the soil?

Why are vegetables a healthy food to eat?



Farrah Fruit From the Farm



Hi Friends, I am Farrah Fruit!

Do you know what citrus means? Citrus fruits are colorful, sweet, and sour. You may have tried citrus like oranges, lemons, and grapefruit. Citrus fruits have a peel and are full of juice when you open them.

At the orchard, fruit is picked off the trees. The orchard has many trees in a row. Oranges are round and orange when ready to be picked. The peel is thick and smells fresh. Under the peel is fruit that comes apart in wedges. You can share a wedge with friends. Oranges taste sweet.

Now let us look at the lemon trees! I see bright yellow fruit. They have a peel just like oranges. Lemons taste sour. They are full of juice like oranges.

Trees need sun, soil, and water to grow strong. Citrus does not like to get too cold. When it is cold outside, the farmer sometimes puts a blanket over the trees or runs a large wind machine to keep the cold air out of the orchard.

Fruit helps your body to heal and gives you healthy skin. There are many different fruits to enjoy, like watermelon, strawberries, apples, plums, and figs. Do you know which of these grow on trees or on plants in the ground?

With a partner, fill in the table below:

Fruits I have tasted:		
Fruits I want to try:		



Jane Grain From the Farm



Hi, I am Jane Grain.

Do you know what a grain is? It is a seed of a plant that grows in a field. A strong husk covers the seed so it is safe in the farmer's field. The grain seed is also called a kernel. You may have heard of a popcorn kernel. Popcorn is a whole grain. Oats, rice, and wheat are also grains.

Farmers grow wheat that gets turned into flour. Have you ever cooked or baked with flour? Flour is wheat that has been harvested and crushed between steel rollers of a mill. Today I am showing some of my friends how to make bread. My family taught me how to follow a recipe to make bread dough.

It only takes 3 ingredients to make bread: water, salt, and flour. After the ingredients are mixed, I use the strength in my hands to push and pull on the dough until it's ready to form into a loaf. It is fun to knead, stretch, and roll the dough into a ball. Then I put it in the oven, and the kitchen smells like a bakery as it cooks.

The flour tortilla is made from grain. Spaghetti pasta is a grain, too. Whole grains are a healthy source of energy that helps your body move and your mind learn. I love wrapping a tortilla around beans, cheese, and salsa.

What types of grain do you like to eat?

What are the 3 ingredients needed to make bread?

Where does flour come from?



Dean Protein From the Farm



Hi friends, my name is Dean Protein.

You can find many types of protein on the farm. Remember, protein is healthy for you, gives you strength and energy. Come jump in my green truck and I will give you a tour!

As we pass by the chicken coop, notice the hens sitting on their nests. They peck around the farm, looking for insects to eat and fluffing their feathers to take dirt baths. Chickens lay eggs every day, which I can collect in baskets to bring back to the kitchen. Eggs are a delicious source of protein.

A pasture is a large grass field where animals graze. Pasture-fed beef, chicken, and pork are also sources of protein. On my farm, this type of protein comes from animals that feed all day in the sunshine.

Next stop on the protein hunt is the almond orchard. Did you know nuts grow on trees? Climb the ladders, shake the branches, and let the nuts fall on the tarp below. You can eat almonds off of the tree, but they taste better when dried in the sun for a few days.

Another type of protein, plant protein, is found in the garden. Go ahead, walk down the rows of peas and beans and pick some for dinner! Our farm is packed with protein! You can get it from eating so many different foods.

Name 3 types of protein that Dean Protein showed you on his farm.

How do almonds grow?



Activity 2

Relay Race From Farm to You



Farmer



Grocery Store Cashier



Harvester



Food Buyer



Activity 2

Relay Race From Farm to You



Truck Driver



Family Cook



Grocery Store Clerk



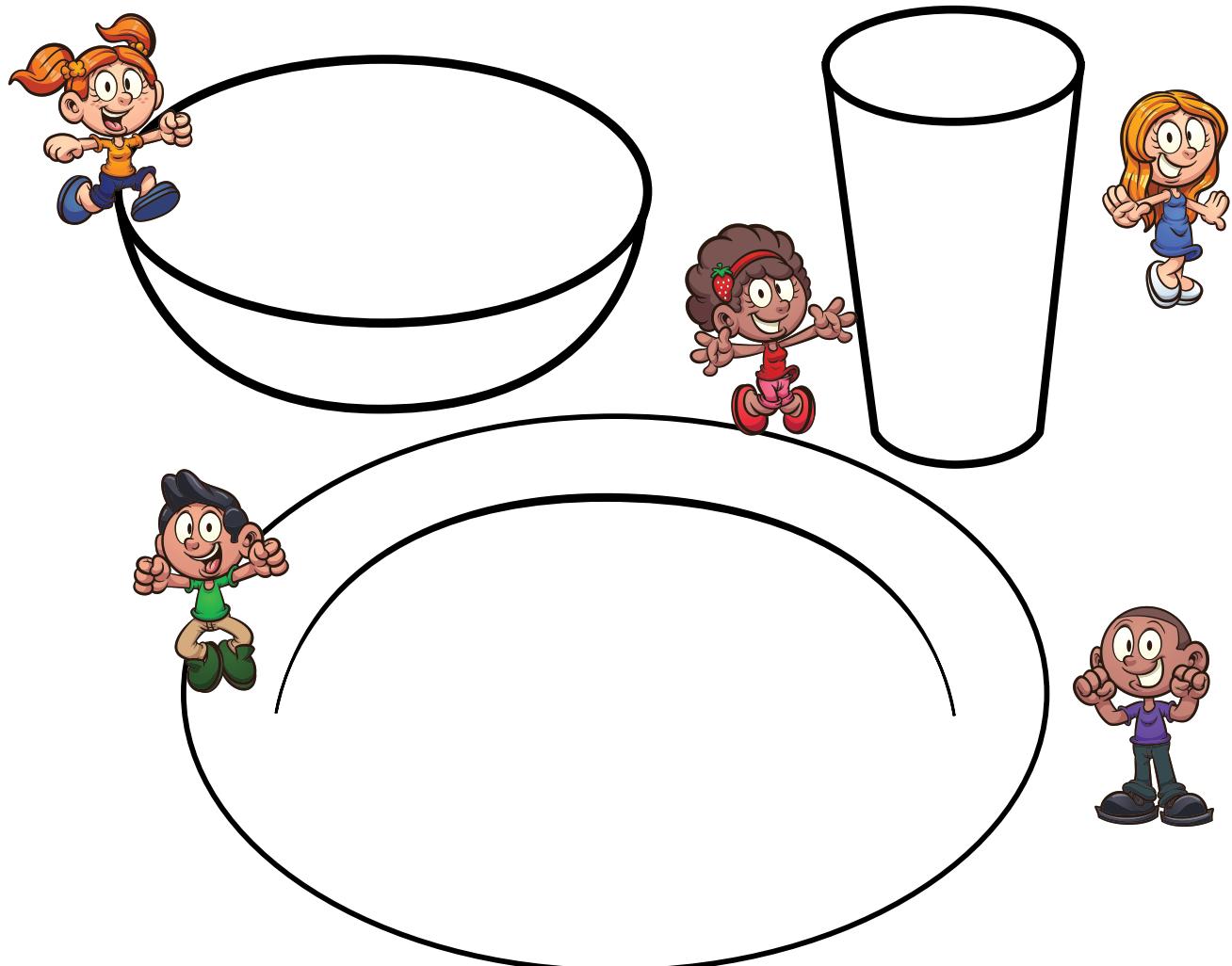
ME! in the Kitchen



Activity 2
Snack Book

Use 2 out of the 5 food groups to create a healthy snack.

Write and draw your healthy snack ideas here:



I like to eat _____ for my healthy snack.

This snack is called _____

How to make this snack _____

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blank intentionally.**



Activity 1

Make Every Sip Count

Healthy beverages help my body:

- Sweat to cool off
- Feel awake and ready to learn
- Digest food
- Build strong bones and teeth
- Grow



What are some healthy beverages?

Write the name of the beverage on the line below each picture.
Circle your favorite ones!



Where can I drink healthy beverages?

Pictured below are different places where you can drink healthy beverages.



Home



School/playground



Restaurant

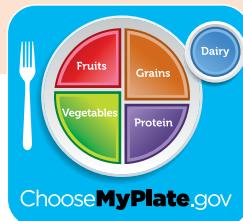
Set a goal to drink healthy beverages by completing the sentence below:

I will drink _____ at _____ every day.

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blank intentionally.**

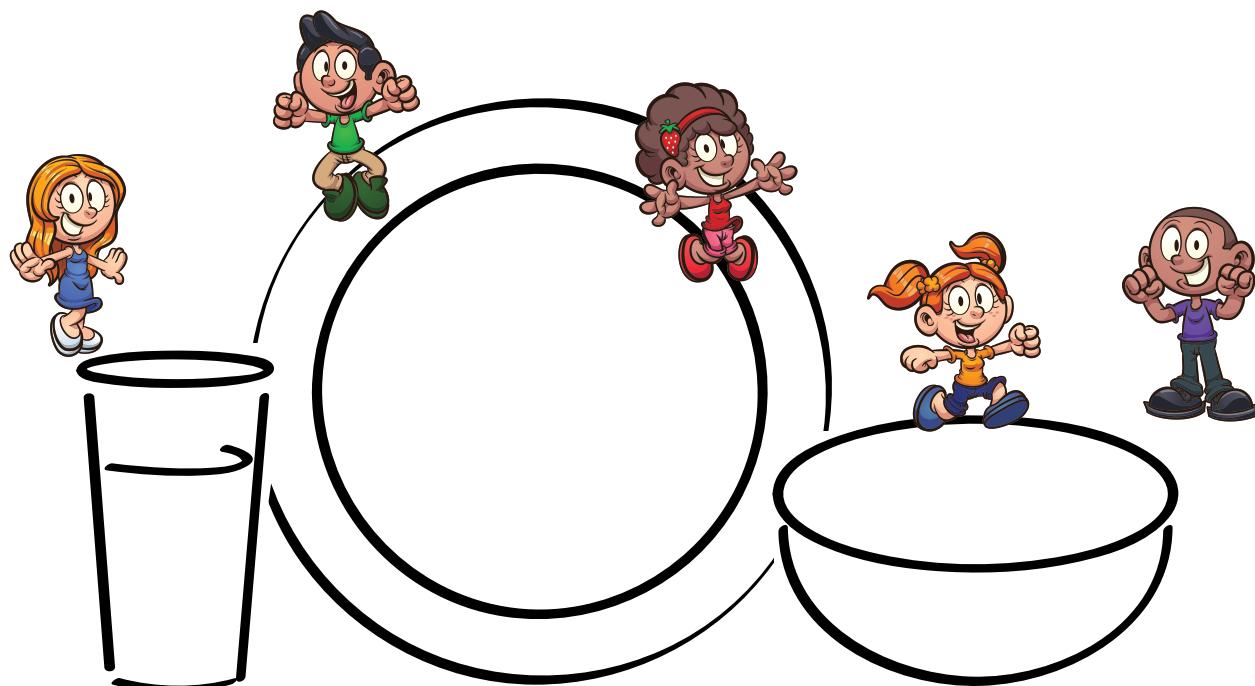


Family Connection
Building MyPlate

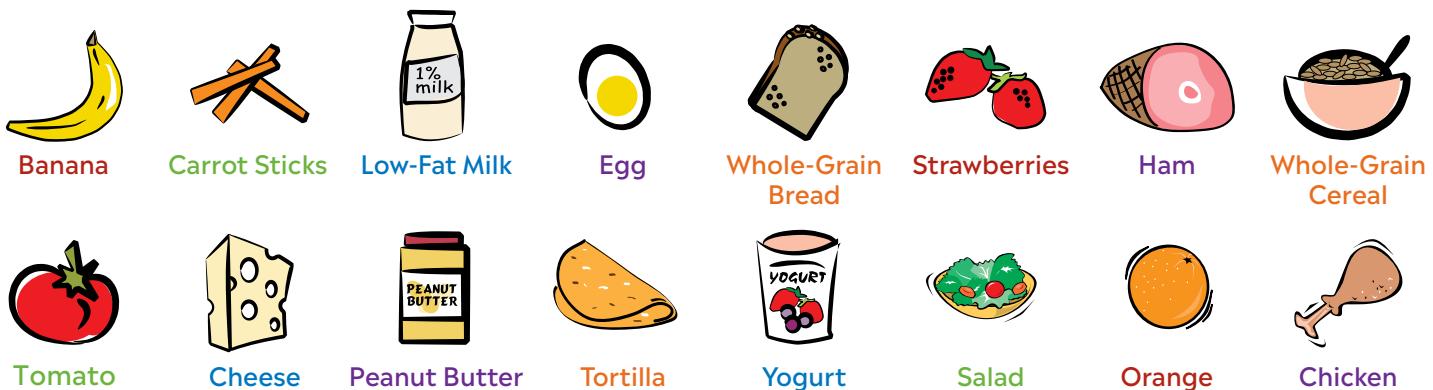


MyPlate

MyPlate is a guide of what a balanced meal looks like. It should include **Dairy**, **Vegetables**, **Fruits**, **Grains**, and **Protein**.



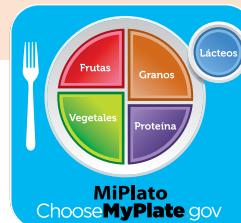
1. Circle your food choices below.



2. Write the foods you circled on the lines below.

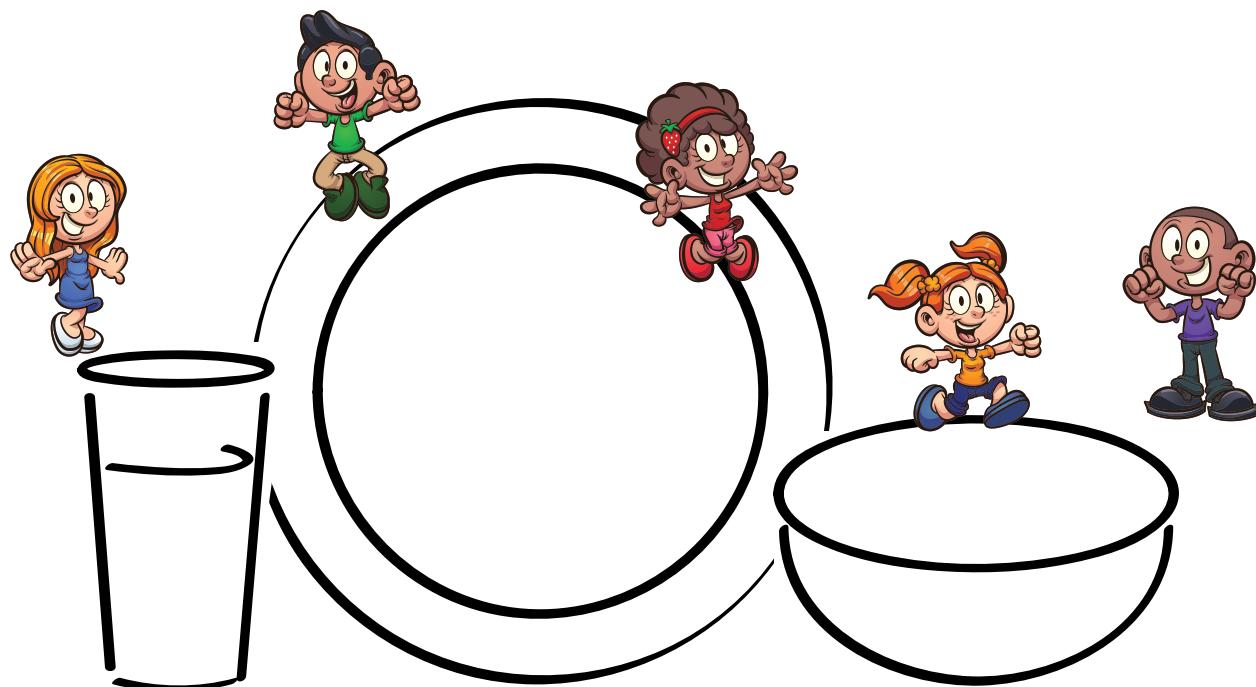


En Familia
Construyendo MyPlate



MyPlate

MyPlate es una guía para saber cómo debe ser una comida balanceada. Debe incluir Lácteos, Verduras, Frutas, Granos y Proteína.



1. Encierra en un círculo los alimentos que prefieres.



2. Escribe en las líneas de abajo los alimentos que circulaste.

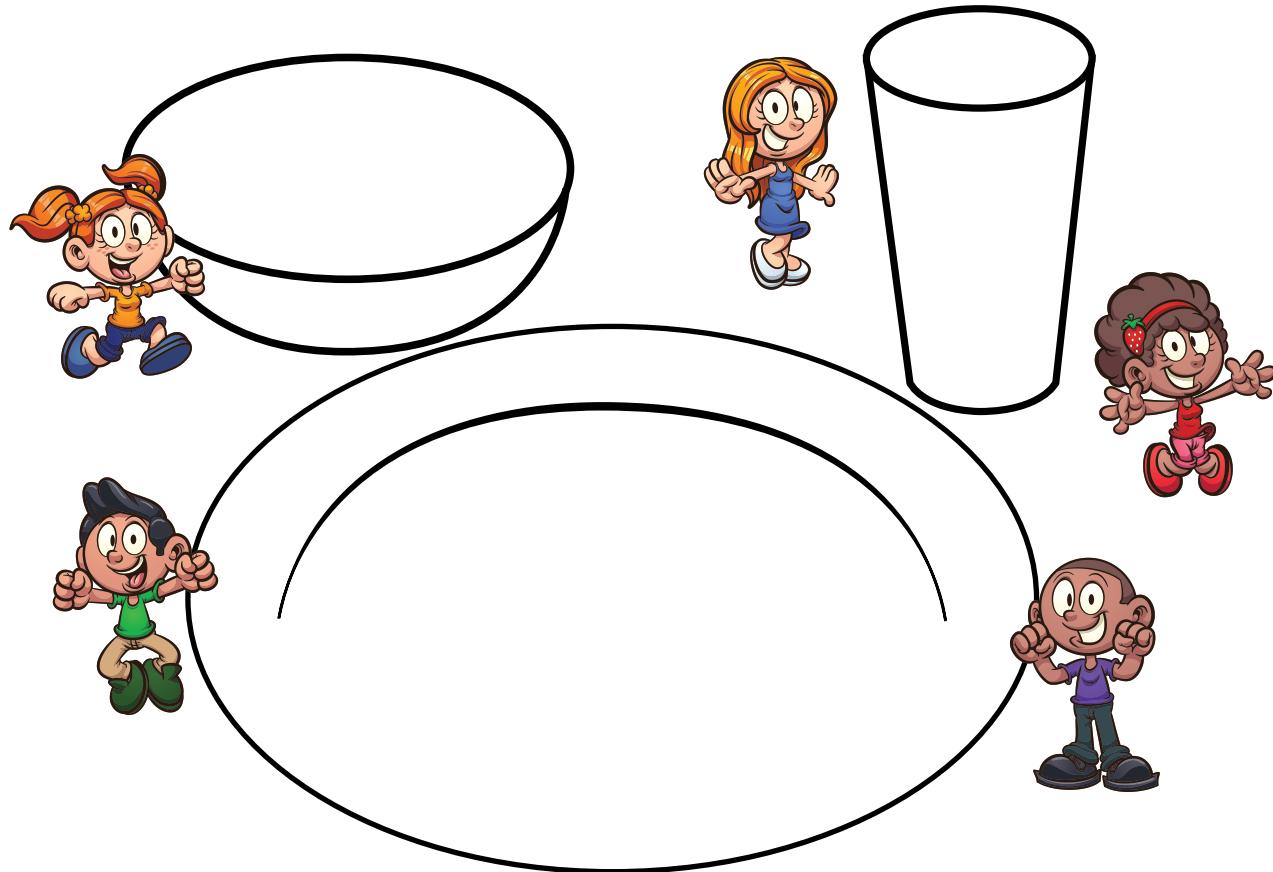


My Favorite Breakfast

Dear Family Member,

Your child learned that eating a healthy breakfast helps them learn and pay attention in class. You can help by filling out this page together.

1. Tell your child about your favorite breakfast. Together, draw or write your favorite breakfast below.
2. Have your child ask you the questions at the bottom of the page and help with writing the answers.



Where were you when you ate this breakfast? _____

Who made this breakfast? _____

What do you feel when you think of this breakfast? _____

This breakfast is special because _____

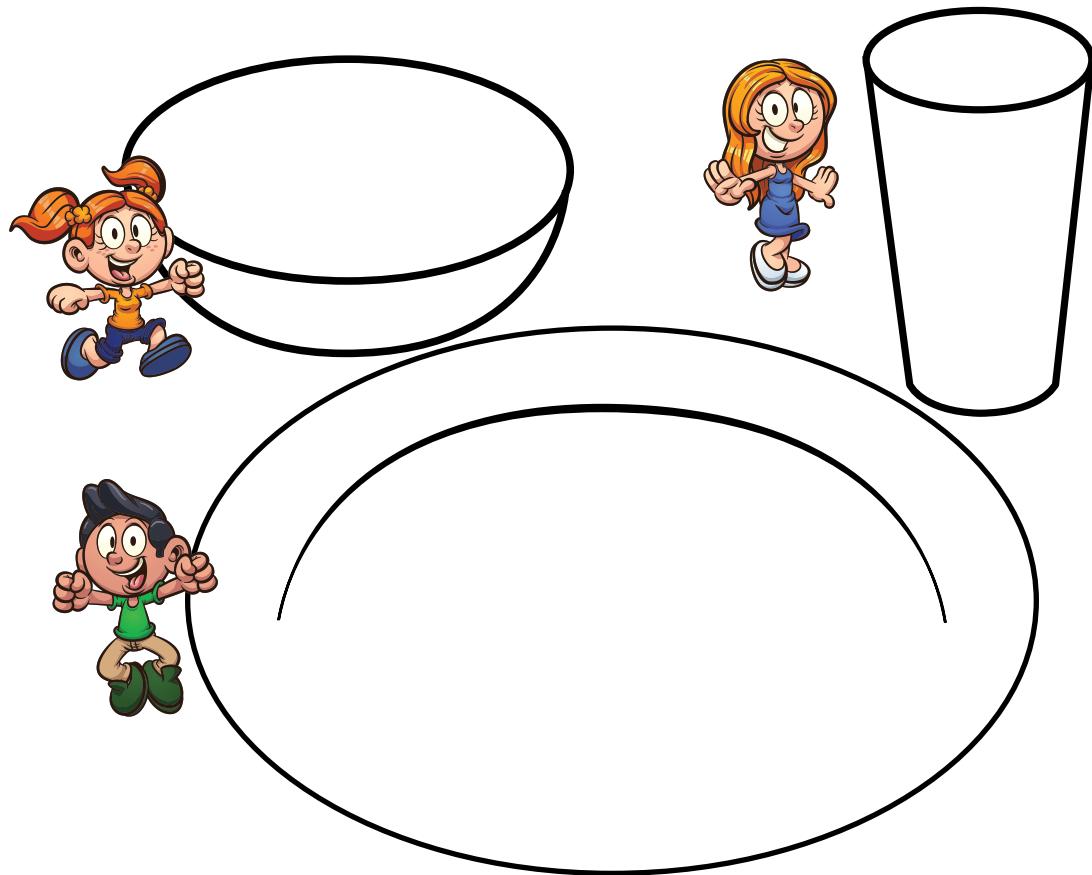


Mi Desayuno Favorito

Estimado miembro de la familia:

Su hijo(a) aprendió que comer un desayuno saludable, ayuda a aprender, y poner atención en clase. Usted puede ayudarle completando juntos esta página.

1. Cuéntele a su hijo(a) cuál es su desayuno favorito. Juntos dibujen o escriban abajo su desayuno favorito.
2. Permita que su hijo(a) le haga las preguntas que están al final de la página y ayúdele escribiendo las respuestas.



¿Dónde estabas cuando comiste este desayuno? _____

¿Quién hizo este desayuno? _____

¿Qué sientes cuando piensas en este desayuno? _____

Este desayuno es especial porque _____



LESSON 3

Family Connection

What Grows Near You?

Find your county. What food grows or is produced in your county? Write a complete sentence.



Top 3 Commodities by County

- Alameda** Cattle & Calves, Grapes, Woody Ornamentals
 - Alpine** Pasture & Range, Cattle, Hay
 - Amador** Grapes, Cattle & Calves, Pasture & Range
 - Butte** Walnuts, Almonds, Rice
 - Calaveras** Cattle & Poultry, Pasture & Range
 - Colusa** Almonds, Rice, Tomatoes
 - Contra Costa** Cattle & Calves, Corn, Tomatoes
 - Del Norte** Cattle, Milk, Nursery
 - El Dorado** Apples, Cattle & Calves, Grapes
 - Fresno** Almonds, Poultry, Grapes
 - Glenn** Almonds, Walnuts, Rice
 - Humboldt** Cattle & Calves, Nursery Products, Milk
 - Imperial** Cattle & Calves, Alfalfa Hay, Onions
 - Inyo** Cattle, Alfalfa Hay, Nursery Products
 - Kern** Almonds, Grapes, Milk
 - Kings** Milk, Cattle & Calves, Almonds
 - Lake** Grapes, Pears, Walnuts
 - Plumas** Cattle, Pasture, Alfalfa Hay
 - Riverside** Milk, Grapes, Nursery Products
 - Sacramento** Grapes, Milk, Pears
 - San Benito** Vegetables, Lettuce, Spinach
 - San Bernardino** Milk, Eggs, Cattle & Calves
 - San Diego** Woody Ornamentals, Flowers, Nursery Plants
 - San Francisco** Field Crops, Apiary Products
 - San Joaquin** Almonds, Milk, Grapes
 - San Luis Obispo** Strawberries, Grapes, Vegetables
 - San Mateo** Nursery Plants, Brussel Sprouts, Nursery Products
 - Santa Barbara** Strawberries, Broccoli, Vegetables
 - Santa Clara** Mushrooms, Nursery Products, Bell Peppers
 - Santa Cruz** Strawberries, Raspberries, Nursery Products
 - Shasta** Hay, Cattle, Forest Products
 - Lassen** Alfalfa Hay, Hay - Other, Vegetables
 - Los Angeles** Vegetables, Woody Ornamentals, Onions
 - Madera** Almonds, Milk, Pistachios
 - Marin** Milk, Almonds, Chickens
 - Mariposa** Cattle & Calves, Pasture & Range, Livestock Products
 - Mendocino** Grapes, Pears, Cattle & Calves
 - Merced** Milk, Almonds, Chickens
 - Modoc** Alfalfa Hay, Cattle & Calves, Potatoes
 - Mono** Cattle & Calves, Alfalfa Hay, Pasture
 - Monterey** Strawberries, Lettuce, Broccoli
 - Napa** Grapes, Nursery Products, Cattle & Calves
 - Nevada** Heifers, Milk Cows, Pasture & Range
 - Orange** Nursery Products, Strawberries, Vegetables
 - Placer** Rice, Cattle & Calves, Nursery Products
 - Plumas** Cattle, Pasture, Alfalfa Hay
 - Riverside** Milk, Grapes, Nursery Products
 - Sacramento** Grapes, Milk, Pears
 - San Benito** Vegetables, Lettuce, Spinach
 - San Bernardino** Milk, Eggs, Cattle & Calves
 - San Diego** Woody Ornamentals, Flowers, Nursery Plants
 - San Francisco** Field Crops, Apiary Products
 - San Joaquin** Almonds, Milk, Grapes
 - San Luis Obispo** Strawberries, Grapes, Vegetables
 - San Mateo** Nursery Plants, Brussel Sprouts, Nursery Products
 - Santa Barbara** Strawberries, Broccoli, Vegetables
 - Santa Clara** Mushrooms, Nursery Products, Bell Peppers
 - Santa Cruz** Strawberries, Raspberries, Nursery Products
 - Shasta** Hay, Cattle, Forest Products
- Map adapted from California Ag in the Classroom.



¿Qué se cultiva cerca de ti?

Encuentra tu condado. ¿Qué alimentos crecen o se producen en tu condado? Escribe una oración completa.

Los 3 productos principales por condado



Este mapa adaptado de California Ag in the Classroom.

Alameda	Ganado y Terneros, Uvas, Plantas Ornamentales
Alpine	Pastizales y Praderas, Ganado, Heno
Amador	Uvas, Ganado y Terneros, Pastizales y Praderas
Butte	Nueces, Almendras, Arroz
Calaveras	Ganado y Avícolas, Pastizales y Praderas
Colusa	Almendras, Arroz, Tomates
Contra Costa	Ganado y Terneros, Maíz, Tomates
Del Norte	Ganado, Leche, Viveros
El Dorado	Manzanas, Ganado y Terneros, Uvas
Fresno	Almendras, Aves, Uvas
Glenn	Almendras, Nueces, Arroz
Humboldt	Ganado y Terneros, Productos de Viveros, Leche
Imperial	Ganado y Terneros, Heno de Alfalfa, Cebollas
Inyo	Ganado, Heno de Alfalfa, Productos de Vivero
Kern	Almendras, Uvas, Leche
Kings	Leche, Ganado y Terneros, Almendras
Lake	Uvas, Peras, Nueces
Lassen	Heno de Alfalfa, Heno de Otro, Vegetales
Los Ángeles	Vegetales, Plantas Ornamentales, Cebollas
Madera	Almendras, Leche, Pistachos
Marin	Leche, Almendras, Pollos
Mariposa	Ganado y Terneros, Pastizales y Praderas, Productos Ganaderos
Mendocino	Uvas, Peras, Ganado y Terneros
Merced	Leche, Almendras, Pollos
Modoc	Heno de Alfalfa, Ganado y Terneros, Papas
Mono	Ganado y Terneros, Heno de Alfalfa, Pastizales
Monterey	Fresas, Lechuga, Brócoli
Napa	Uvas, Productos de Vivero, Ganado y Terneros
Nevada	Vaquillas, Vacas Lecheras, Pastizales y Praderas
Orange	Productos de Vivero, Fresas, Vegetales
Placer	Arroz, Ganado y Terneros, Productos de Vivero
Plumas	Ganado, Pastizales, Heno de Alfalfa
Riverside	Leche, Uvas, Productos de Vivero
Sacramento	Uvas, Leche, Peras
San Benito	Vegetales, Lechuga, Espinacas
San Bernardino	Leche, Huevos, Ganado y Terneros
San Diego	Plantas Ornamentales, Flores, Plantas de Vivero
San Francisco	Cultivos del Campo, Productos Apícolas
San Joaquín	Almendras, Leche, Uvas
San Luis Obispo	Fresas, Uvas, Vegetales
San Mateo	Plantas de Vivero, Coles de Bruselas, Productos de Vivero
Santa Bárbara	Fresas, Brócoli, Vegetales
Santa Clara	Hongos, Productos de Vivero, Pimientos
Santa Cruz	Fresas, Frambuesas, Productos de Vivero
Shasta	Heno, Ganado, Productos Forestales



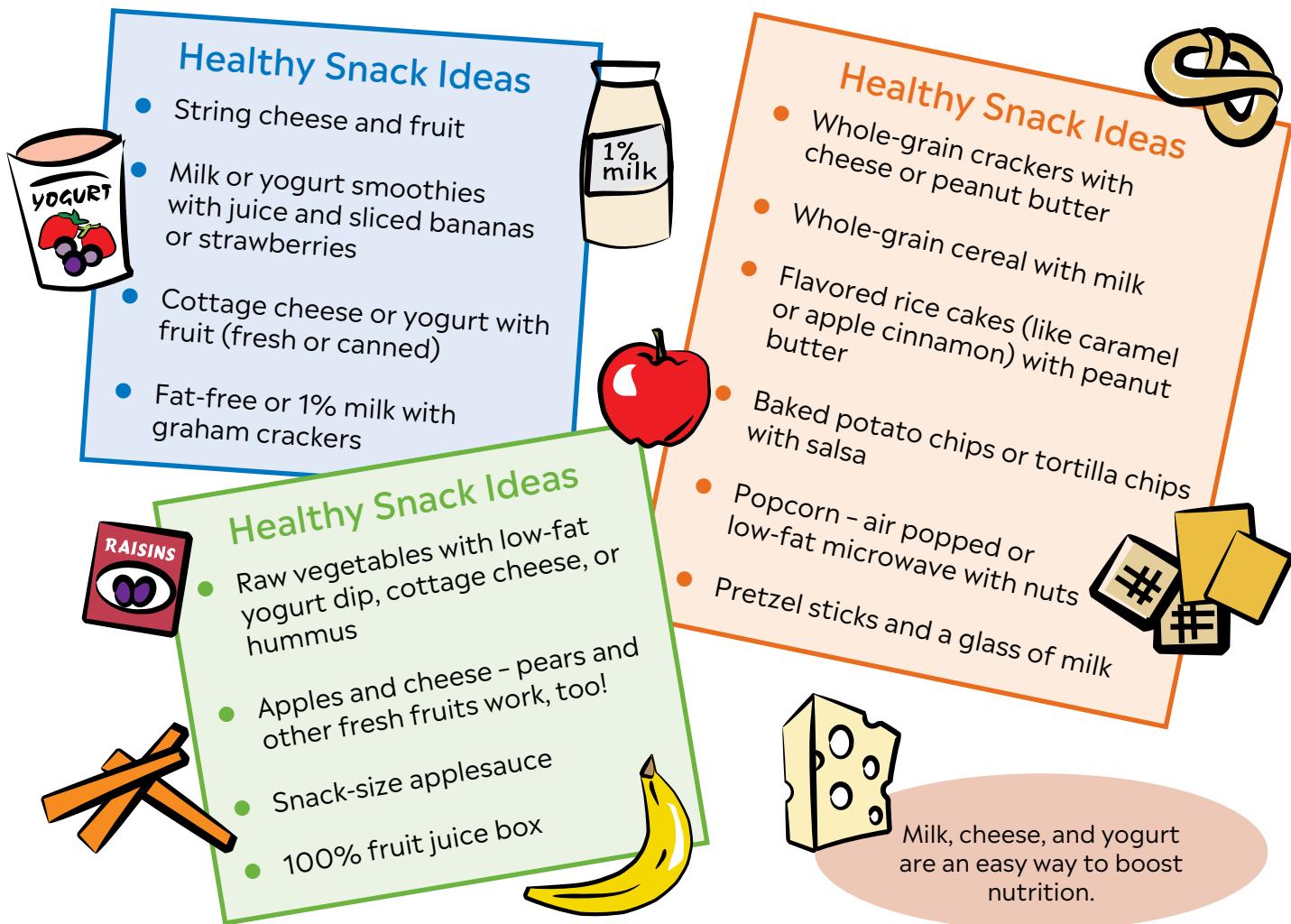
Healthy Snacks for Home and School



Snacks are mini meals that refuel between meals. Planning for snacks will help your child to get enough energy (calories) and nutrition each day.

Making a daily habit to eat wholesome and nutritious foods will support health, growth, and development. The food groups; **Dairy**, **Vegetables**, **Fruits**, **Grains**, and **Protein** are a reminder of which snacks are healthy choices. **Tip:** Aim to combine at least 2 food groups for snacks to boost energy and nutrition.

What are some healthy snack choices?



Which healthy snack ideas will you offer your child based on what they like to eat?



Bocadillos Saludables para el Hogar y la Escuela



Los bocadillos son mini comidas que se comen entre las comidas principales. Planear los bocadillos ayudará a su hijo(a) a obtener suficiente energía (calorías) y nutrición cada día. Tener el hábito diario de comer alimentos saludables y nutritivos favorece la salud, el crecimiento y el desarrollo.

Los grupos alimenticios: **Lácteos**, **Verduras**, **Frutas**, **Granos** y **Proteínas** son un recordatorio de cuáles bocadillos son opciones saludables. **Consejo:** Intente combinar al menos 2 grupos alimenticios en los bocadillos para aumentar la energía y dar nutrición.

¿Cuáles son algunas opciones de bocadillos saludables?

Ideas de bocadillos saludables

- Queso de hebra y fruta
- Licuados de leche o yogur con jugo y rodajas de plátano o fresas
- Queso cottage o yogur con fruta (fresca o enlatada)
- Leche sin grasa o de 1% con galletas integrales

Ideas de bocadillos saludables

- Verduras crudos con aderezo de yogur bajo en grasa, queso cottage o hummus
- Manzanas y queso, jíias peras y otras frutas frescas también funcionan!
- Puré de manzana tamaño bocadillo
- Jugo envasado 100% de fruta

Ideas de bocadillos saludables

- Galletas integrales con queso o crema de cacahuate
- Cereal integral con leche
- Panquecitos de arroz con sabor (como caramelo o canela y manzana) con crema de cacahuate
- Papas fritas al horno o tortilla chips con salsa
- Palomitas de maíz hechas con aire caliente o en microondas, bajas en grasa con nueces
- Palitos de pretzel y un vaso de leche

La leche, el queso, y el yogur son una forma fácil de mejorar la nutrición.

Which healthy snack ideas will you offer your child based on what they like to eat?



Family Connection

Tips on Healthy Drinks for Kids



What kids drink for hydration is just as important as what they eat for healthy growth and development.

With all the options out there, it can be hard to keep up with what is healthy, and not so healthy, for children. Milk and water are the best beverages for children.

1. Make water the go-to drink. Great for quenching thirst, playtime, mealtime, and anytime! For variety and flavor, try adding slices of fruits such as lemon or orange to water.
2. Encourage milk.* Milk provides hydration and key nutrients, such as protein, calcium, and vitamin D for growing bodies. If dairy milk is not an option, look for fortified unsweetened soy beverages.
3. Juices labeled 100% juice are best. Limit intake to 1 cup for children ages 7 to 18. It is an even better choice to serve small pieces of fresh fruit, which are more nutritious and filling.
4. Use fun cups to promote healthy drinks and model the behavior too. Remember taste buds change as children develop. Keep offering healthy beverages.
5. Health professionals recommend avoiding beverages with added sugar like soft drinks, sports drinks, and energy drinks, and low-calorie sweetened beverages; they are not appropriate for children.



Choose Most Often	Drink Less Often
Drinks that hydrate and nourish	Drinks with added sugars
Water	Soft drinks
Milk*	Sports drinks
Yogurt beverages without added sugars	Fruit-flavored drinks
Fortified unsweetened soy beverages	Energy drinks

These drinks have more than the daily limit of 25 grams of added sugar.

*Plain, pasteurized whole, low-fat, or fat-free milk, depending on child's age and individual needs

What will you do to choose healthy drinks more often? _____

*Tips adapted from HealthyDrinksHealthyKids.org
Based on recommendations by leading national health organizations*

Consejos Sobre Bebidas Saludables para Niños



Lo que los niños beben para hidratación es tan importante como lo que comen para un crecimiento y desarrollo saludable.

Con todas las opciones disponibles, puede ser difícil mantenerse al día con lo que es saludable y lo que no lo es para los niños. La leche y el agua son las mejores bebidas para los niños.

1. Haga que el agua sea la bebida preferida para llevar. ¡Ideal para calmar la sed, a la hora de jugar, la hora de comer y en cualquier momento! Para obtener variedad y sabor, intente agregar rodajas de frutas como limón o naranja al agua.
2. Motive a su niño(a) a beber leche. *La leche proporciona hidratación y nutrientes clave, como proteínas, calcio y vitamina D para cuerpos en desarrollo. Si la leche de vaca no es una opción, busque bebidas fortificadas de soya sin azúcar.
3. Los jugos etiquetados como 100% jugo son los mejores. Aun así, límítelos a 1 taza para niños de 7 a 18 años. Es incluso mejor servirles pequeños trozos de fruta fresca, que es más nutritiva y llenadora.
4. Use tazas divertidas para promover bebidas saludables y ponga el ejemplo bebiéndolas usted también. Recuerde que las papillas gustativas cambian a medida que los niños se desarrollan. Siga ofreciendo bebidas saludables.
5. Los profesionales de la salud recomiendan evitar las bebidas con azúcares añadidos, como los refrescos, las bebidas deportivas, bebidas energéticas y bebidas azucaradas bajas en calorías; estas no son opciones apropiadas para niños.



Elija con mayor frecuencia	Beber con menos frecuencia
Bebidas que hidratan y nutren	Bebidas con azúcares añadidos
Agua	Sodas
Leche*	Bebidas deportivas
Yogur líquido sin azúcares añadidos	Bebidas con sabor a frutas
Bebidas fortificadas de soya sin azúcar	Bebidas energizantes

Estas bebidas contienen más de los 25 gramos que son el límite permitido diario de azúcar agregada.

*La cantidad de leche sola, pasteurizada, entera, baja en grasa o sin grasa, depende de la edad del niño y las necesidades individuales.

¿Qué harás para elegir bebidas saludables con más frecuencia?

Consejos adaptados de HealthyDrinksHealthyKids.org. Basados en las recomendaciones de las principales organizaciones nacionales de salud.

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For more information and additional resources, visit [HealthyEating.org](https://www.healthyeating.org).

This resource aligns with the Dietary Guidelines for Americans. The collection of Let's Eat Healthy educational resources are brought to you by Dairy Council of California to elevate the health of children and families.

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