

# Healthy Tips



## Healthy6 – Drink Think

### Take Healthy Action

### Think About What You Choose to Drink

Take healthy action this month by eating breakfast! As you make your food choices, also think what you drink. Breakfast time options are many – 1% milk, skim milk, chocolate milk, 100% fruit juice, water...the list goes on. A healthy drink is one low in fat and without added sugar. Water is always a good choice; however breakfast is a good time to “drink think” a calcium-rich choice.

Milk is an obvious choice. For better heart health and fewer calories, choose 1% or skim milk to limit fat. Except for younger children, MyPlate recommends three cups of milk each day.

**Note:** For those who don't tolerate milk, use calcium-fortified milk substitutes like soy or almond milk. Calcium fortified orange juice is another alternative.

#### **Take a personal challenge or challenge your class or afterschool program.**

*Prepare the Mighty Milk recipe as a classroom activity. Look at the milk Nutrition Facts label to see the calcium, Vitamin D and other nutrients listed. Discuss the importance of milk and milk substitutes for strong bones and teeth. Make the physical activity connection: calcium-rich choices and weight bearing activity strengthens bones, so meet the challenge to get moo-ving and drink milk!*

#### **Try this quick, healthy and tasty breakfast drink!**

##### **Mighty Milk (6 servings)**

###### *Ingredients:*

- 8 ice cubes
- 2 cups 1% milk
- 2 bananas
- 4 Tbsp. frozen orange juice concentrate with calcium

###### *Directions:*

1. Put all the ingredients in a blender.
2. Cover and blend for about 20 seconds. Serve.

#### **Select a Challenge goal or set your own:**

- Purchase 1% or skim milk (or milk substitute) this week to have it available for drinking at home.
- Drink 1% or skim milk (or milk substitute) for breakfast 3-5 times this week.
- If unable to drink plain milk, add it to another food, like hot or cold cereal.
- Create your own Challenge goal. \_\_\_\_\_

