There is no special formula in the Thumbs Up guide. Instead, there are simple principles of basic nutrition such as "fresh is best," "no added sugar is best," and "fewer calories are best." A diet high in fruits, vegetables, fresh foods, and fiber promotes better health.

Use this guide to compare products within a food category. Food labels will change over time but the basic principles behind "Thumbs Up" remains the same. These are summarized below:

No hay fórmula especial en la guía Vivan las Opciones Saludables. En lugar, hay principios simples de la nutrición básica tales como "fresco es el mejor," "ninguna azúcar agregada la mejor," y "pocas calorías son las mejores." Una dieta alta en frutas, verduras, alimentos frescos, y fibra promueve una mejor salud.

Utilice esta guía para comparar productos dentro de una categoría del alimento. Las etiquetas del alimento cambiarán en un cierto plazo pero los principios de base detrás de los "pulgares para arriba" siguen siendo iguales. Éstos se resumen abajo:

More Sugar More Calories Bad Fat Less Fiber		Mas Azúcar Mas Calorías Mala Grasa Menos Fibra
Less Sugar Fewer Calories Good Fat More Fiber		Menos Azúcar Menos Calorías Buena Grasa Mas Fibra

To learn more about NHP, visit nhp.org or call us at 1-800-462-5449.

Para más información sobre NHP, visita nhp.org o llámanos al 1-800-462-5449.

Disclaimer: The purpose of this booklet is to help readers make healthy choices when food shopping and meal planning. The "thumbs up" and "thumbs down" symbols seen throughout the booklet indicate which foods–when comparing total calories, sugar, fiber, and/or type of fat–are higher or lower in a particular nutritional value. This information is obtained from the food label of such products and could change. NHP expresses no statement or opinion as to the taste, manufacturing quality, or other nutritional elements of any product shown.

This booklet is intended to provide general information related to food and nutrition. It is not a substitute for medical advice which should be obtained by a doctor, dietician, or other qualified health care professional. It should not be relied upon for the treatment of any disease or medical condition.

Descargo de responsabilidad: *El propósito de este folleto es ayudar a los lectores a elegir alimentos saludables al hacer la compra y planificar sus comidas. Los símbolos "pulgar arriba" y "pulgar abajo" que se ven por todos este folleto indican qué alimentos, cuando se comparan las calorías totales, el azúcar, la fibra y/o tipo de grasa, tienen más o menos de un valor de nutrición específico. Esta información se obtiene de las etiquetas de los alimentos de los productos y puede cambiar. El NHP no expresa ninguna declaración ni opinión sobre el sabor, la calidad de fabricación o cualquier otro elemento de nutrición de los productos mostrados.*

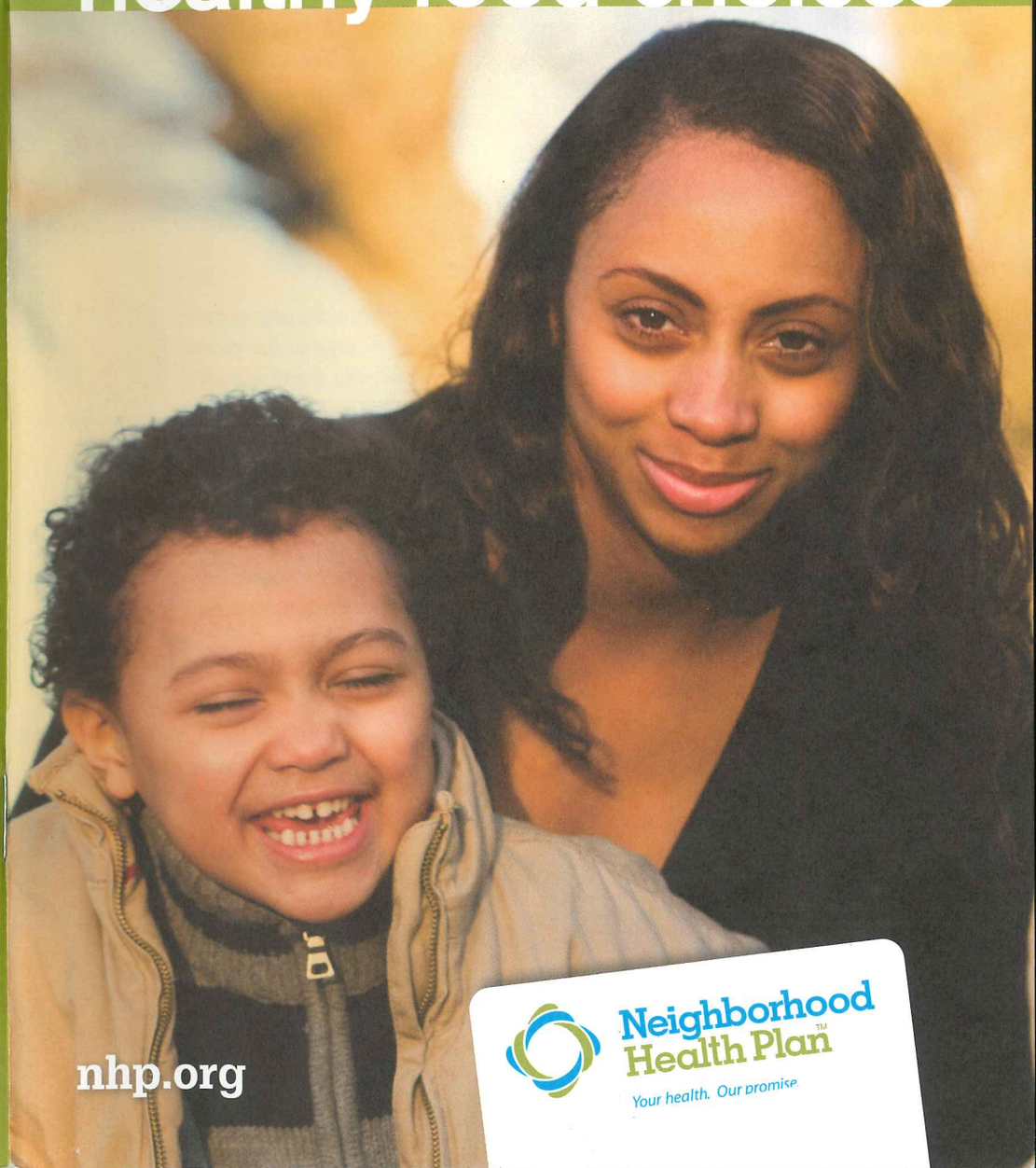
El propósito de este folleto es proporcionar información general sobre la salud y la nutrición. No es un sustituto del asesoramiento médico, que se debe obtener de un médico, dietista u otro profesional de la salud cualificado. No se debe usar como fundamento para el tratamiento de ninguna enfermedad o trastorno médico.

Developed by Susan Oliverio, M.D., M.P.H.

10057-1016-08

Vivan las opciones saludables

Thumbs up for healthy food choices



Message from NHP's Chief Medical Officer:

Healthy children become healthy adults. Unfortunately, overweight toddlers, school-age children, and teens frequently become overweight adults with many of the health complications related to weight including diabetes, high blood pressure, and heart disease. There is no age at which it is safe for children to be overweight. We recognize that many health problems related to excess weight can be prevented through good nutrition and physical activity.

Making healthy food choices has become very complicated. Food labeling is confusing and there are many food products on the market. With this in mind, we developed "Thumbs Up For Healthy Food Choices" as a guide for our members. Use this guide when you food shop and plan your meals.

Paul Mendis, M.D.
Chief Medical Officer, Neighborhood Health Plan

Mensaje Del Funcionario Médico Principal Del NHP:

Los niños sanos se convierten en adultos sanos. Lamentablemente, los niños pequeños en edad escolar y los adolescentes con exceso de peso se convierten en adultos con exceso de peso y tienen muchas complicaciones de salud vinculadas al peso, como diabetes, presión de la sangre elevada y enfermedades del corazón. No hay ninguna edad en que los niños puedan pesar demasiado sin peligro para su salud. Nosotros reconocemos que muchos problemas de salud vinculados al exceso de peso se pueden prevenir con una buena nutrición y actividad física.

Elegir alimentos saludables ahora es muy complicado. Las etiquetas de los alimentos son confusas y hay muchos productos en el mercado. Con esto en mente hemos creado "Sí a las opciones saludables de alimentos" como una guía para nuestros miembros. Use esta guía cuando compre alimentos y planifique sus comidas.

Paul Mendis, M.D.
Director Médico, Neighborhod Health Plan

Guide to Thumbs

Thumbs up means that the food product or drink is a healthy choice within a food category. Sometimes choices are healthier because they have less calories or sugar. Sometimes they are thumbs up because they are higher in fiber or made with a healthier fat. Thumbs down generally refers to products that have additional sugar, unhealthy fat, and/or lower fiber. We also show that portion size is very important. *Guide to Meals, Guide to Snacks, Guide to Grains,* and *Guide to Proteins* provide some basic guidelines for portion size.

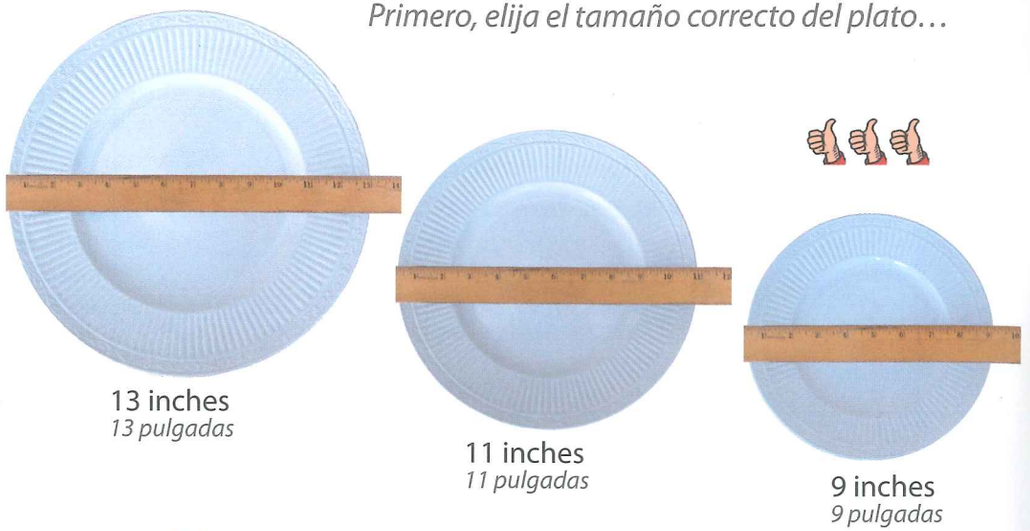
Index | *Índice*

Guía de Pulgares

Pulgar arriba quiere decir que el alimento o la bebida son una opción saludable dentro de una categoría de alimentos. A veces las opciones son más saludables porque tienen menos calorías o azúcar. Otras veces las opciones son pulgar arriba porque tienen mucha fibra o están hechas con una grasa más saludable. Pulgar abajo en general se refiere a productos con azúcar y/o grasa adicionales y, por lo tanto, más calorías. También mostramos que el tamaño de la porción es muy importante. Guía de comidas, Guía de refrigerios, Guía de granos y Guía de proteínas dan algunas directrices básicas sobre los tamaños de las porciones.

First, choose the correct plate size...

Primero, elija el tamaño correcto del plato…



13 inches
13 pulgadas

11 inches
11 pulgadas

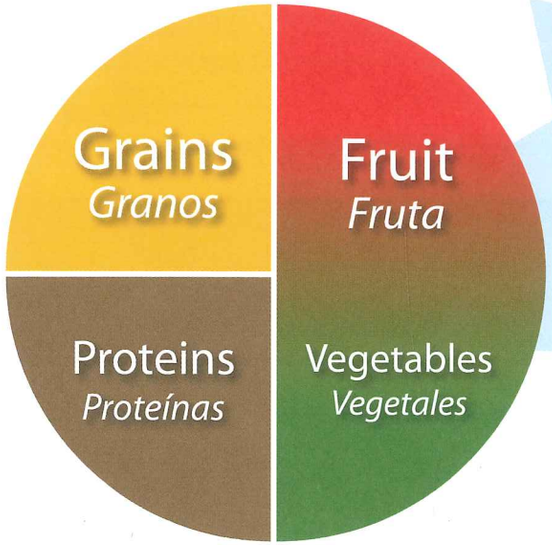
9 inches
9 pulgadas

too big
demasiado grande

just right
el tamaño justo

Then fill it up like this...

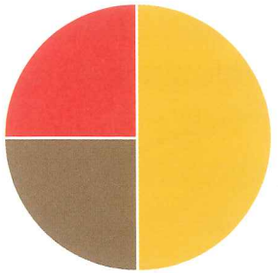
Después llénelo así...

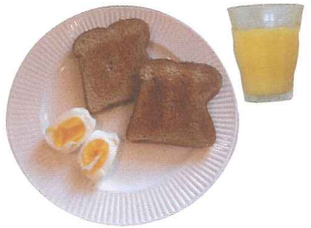


Aim for 9 servings of fruits and vegetables each day!

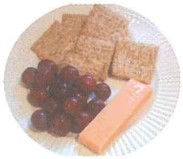
Trate de servir 9 porciones de frutas y vegetales todos los días.

Guide to Meals | *Guía de comidas*

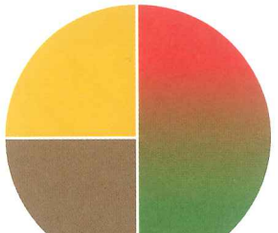


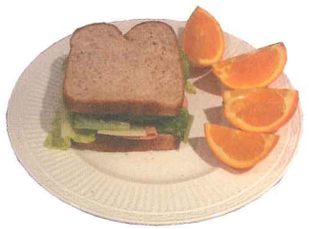


Breakfast
Desayuno

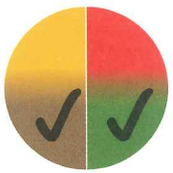


Snack
Merienda

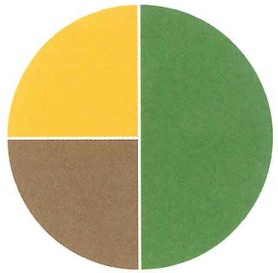


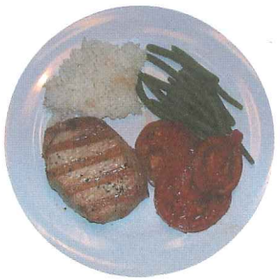


Lunch
Almuerzo

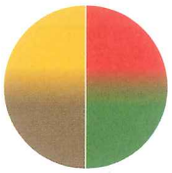


Snack
Merienda





Dinner
Cena



How to mix it up for a healthy snack...

Cómo servir refrigerios saludables...

Start with a protein...

Empiece con una proteína...

Add fruit...

Añada fruta...

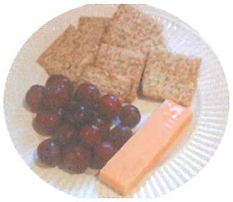
Guide to Snacks | *Guía de meriendas*

Aim for 200-300 calories per snack

Trate de que cada refrigerio tenga entre 200 y 300 calorías

Or Vegetables...

O vegetales...



Or Grains... for the perfect snack

O granos... para el refrigerio perfecto

Guide to Grains | *Guía de granos*

Serving Sizes

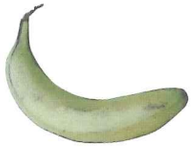
Grains, starchy fruits, and starchy vegetables should fill up just 1/4 of your plate.

Tamaños de las porciones

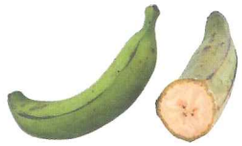
Los granos, las frutas y los vegetales con almidón deben llenar sólo ¼ de su plato.

Starchy fruits include: bananas & plantains
Los frutas con almidón incluyen: guineos y plátanos

Bananas
Guineos



Green bananas
Guineos verdes



Plantains
Plátanos

Starchy vegetables include: corn, peas, & potatoes
Los vegetales con almidón incluyen: maíz, guisantes y papas

Peas
Guisantes

Corn
Maíz

Potato
Papa

Sweet potato
Camote

Yuca
Yuca

Yams
Ñames

Malanga
Malanga

Taro
Taro

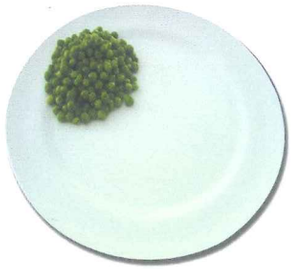
Yautía
Yautía

Portion Size | *Tamaño de la porción*

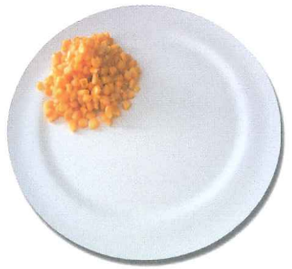
1/2 cup macaroni
1/2 taza de macarrones

1/2 small bagel
1/2 bagel pequeño

1/2 cup rice
1/2 taza arroz

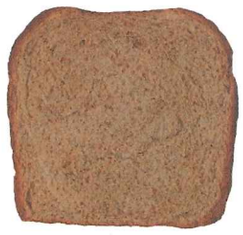


1/2 cup peas
1/2 taza guisantes



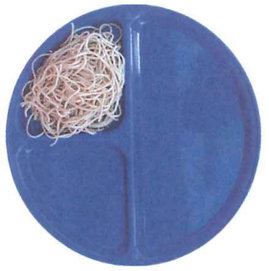
1/2 cup corn
1/2 taza maíz

1 small potato
1 papa pequeña



1 slice of bread
1 rebanada de pan

1 cup cereal
1 taza de cereal

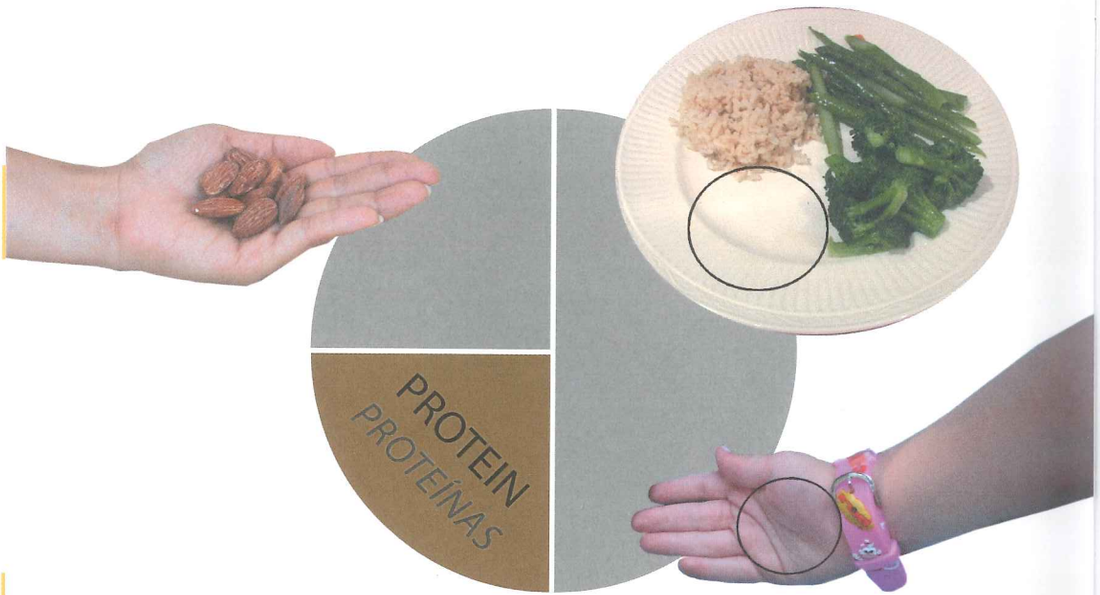


1/2 cup pasta
1/2 taza de fideos

Guide to Proteins | *Guía de proteínas*

Serving Size
Use your palm as a guide

Tamaño de la porción
Use la palma de su mano como guía



Choose lean sources of protein.
Always remove the skin & trim the fat.

Elija fuentes de proteínas con poca grasa.
Quite siempre la piel y recorte la grasa.

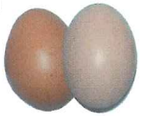
Add-on-Proteins: Peanut butter, nuts, low fat dairy
Proteínas añadidas: Mantequilla de maní, nueces, productos lácteos con poca grasa

Choose Lean | *Elija con poca grasa*

Very Lean Proteins
Proteínas con muy poca grasa

Tuna in water
Atún enlatado en agua

Fish
Pescado



Eggs
Huevos

Tofu
Tofú

Chicken & Turkey (no skin)
Pollo y pavo (sin piel)

Beans
Frijoles

Lean Proteins
Proteínas con poca grasa

Lean Cuts of Beef:
Cortes de carne de res con poca grasa:
Round Steaks & Roasts, Top Loin & Top Sirloin, Chuck Shoulder & Arm Roasts

Lean Cuts of Pork:
Cortes de cerdo con poca grasa:
Pork Loin, Ternerloin, Center Loin, Canadian Bacon & Ham

Ground Beef
(10% fat or less)
Ground Turkey
Carne molida
(10% de grasa o menos)
Pavo molido

High Fat Proteins
Proteínas con mucha grasa

High Fat Ground Meat:
(15% fat or more)
Carne molida con mucha grasa:
(15% de grasa o más)

Bacon
Tocino

Sausage
Salchicas

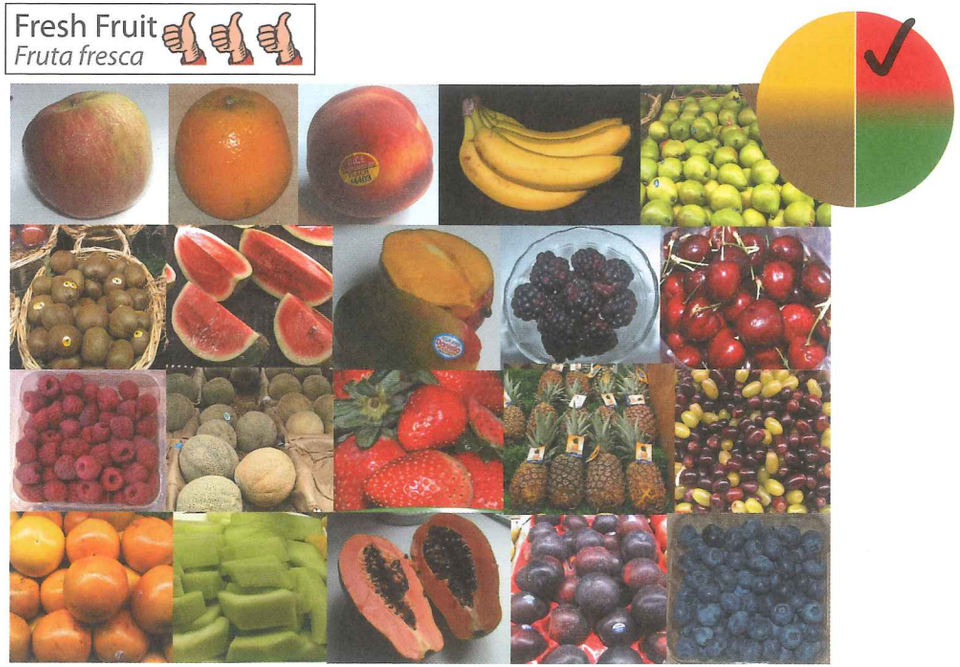
Hot dogs
Perritos calientes

Ribs
Costillas

High fat deli meats:
Fiambres con mucha grasa:
Bologna, Salami...

Guide to Fruits | *Guía de frutas*

Fresh Fruit
Fruta fresca



Frozen Fruit
Fruta congelada

Dried Fruit
Fruta seca

Canned Fruit in Heavy Syrup
Fruta enlatada en almíbar espeso

Canned Fruit in Juice
Fruta enlatada en jugo

Guide to Vegetables | *Guía de vegetales*

Fresh Vegetables
Vegetales frescos

Frozen Vegetables - No Sauce
Vegetales congelados sin salsa

Frozen with Sauce
Congelados con salsa

Tomato Sauce & Juice
Salsa y jugo de tomate

Canned Vegetables
Vegetales enlatados

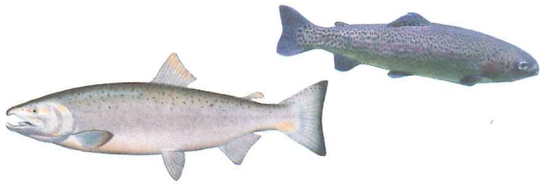
Guide to Fats | *Guía de grasas*

GOOD for your heart
BUENAS para el corazón

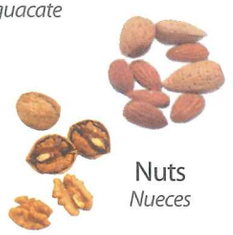
Plant oils: olive, canola, peanut, corn, or vegetable
Aceites vegetales: oliva, canola, maní, maíz, o vegetal

Flax Seeds
Semilla de lino

Avocado
Aguacate



Fish: such as albacore tuna, herring mackerel, rainbow trout, sardines, and salmon
Pescado : Tal como Atún Albacora, arenque, trucha arcoiris, sardinas



Nuts
Nueces

Polyunsaturated fat
Grasas poliinsaturadas

Monounsaturated fat
Grasas monoinsaturadas

Good vs. Bad | *Buenas y malas*

BAD for your heart
MALAS para el corazón

Lard
Manteca

Whole milk
Leche entera

Margarine
Margarina

Butter
Mantequillo

Sausage
Salchicas

Bacon
Tocineta

Cake
Torta

High-fat cuts of meat
Cortes de carnes con mucha grassa

High-fat deli meats
Carne de sandwich altos en grassa

Hamburger

Chicken skin
Chicharrón de pollo

Saturated fat
Grasas saturadas

Trans fat
Grasas trans

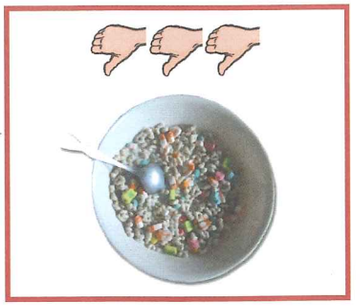
Choose more fiber and less sugar

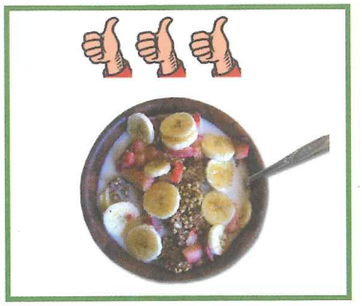
Elija más fibra y menos azúcar

Nutrition Facts

Serving Size 3/4 cup (30g)
Servings Per Container about 15

Amount Per Serving	Cereal	Cereal with 1/2 cup Fat Free Milk
Calories	100	140
Calories from Fat	5	5
	% Daily Value**	
Total Fat 0.5g*	1%	1%
...rated Fat 0g	0%	0%
...ans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
...holesterol 0mg	0%	0%
...dium 220mg	9%	12%
Potassium 180mg	5%	11%
Total Carbohydrate 24g	8%	10%
Dietary Fiber 5g	20%	20%
Soluble Fiber <1g		
Insoluble Fiber 4g		
Sugars 5g		
Other Carbohydrate 14g		
Protein 3g		

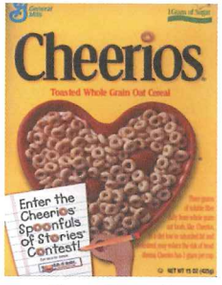




High fiber = **3g or more**
*Mucha fibra = **3g o más***

Low sugar = **6g or less**
*Poca azúcar = **6g o menos***

1g sugar *azúcar*
3g fiber *fibra*

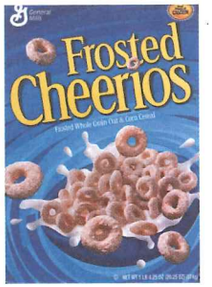


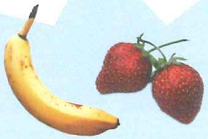
6g sugar *azúcar*
3g fiber *fibra*

10g sugar *azúcar*
2g fiber *fibra*

11g sugar *azúcar*
2g fiber *fibra*

13g sugar *azúcar*
1g fiber *fibra*

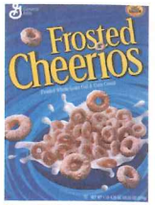


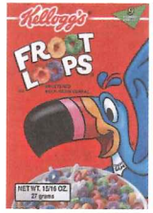


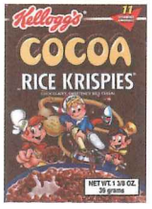
Try adding fresh fruit instead of sugar to cereals

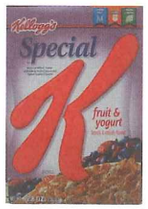
Pruebe añadir fruta fresca a los cereales, en lugar de azúcar

High Sugar / Low Fiber
Mucha azúcar / Poca fibra





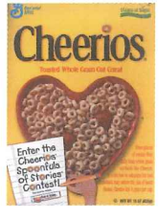




High Sugar / High Fiber
Mucha azúcar / Mucha fibra

Cereals | Cereales

Low Sugar / High Fiber
Poca azúcar / Mucha fibra

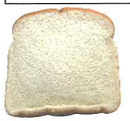


Low Sugar / Low Fiber
Poca azúcar / Poca fibra

Read the label.
Look for high fiber.

Lea la etiqueta.
Escoje más fibras.

White Bread
Pan blanco



Nutrition Facts
Serving Size 1 Slice (25g)
Servings Per Container 18

Calories 60
Calories from Fat 5

Amount/serving	%Daily Value*		%Daily Value*
Total Fat 0.5g	1%	**Sodium** 125mg	5%
Saturated Fat 0g	0%	**Total Carbohydrate** 12g	4%
Trans Fat 0g		Dietary Fiber 0g	0%
Polyunsaturated Fat 0g		Sugars 1g	
Monounsaturated Fat 0g		**Protein** 2g	
Cholesterol 0mg	0%		

Vitamin A 0% • Vitamin C 0% • Calcium 15% • Iron 4%
Thiamine 6% • Riboflavin 4% • Niacin 4% • Folate 6%

Bagels
Bagels

Nutrition Facts
Serving Size 1 Bagel (57g)
Servings Per Container 6

Amount Per Serving
Calories 140 Calories from Fat 5

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 5g	

Tortillas/Taco Shells/Wraps
Tortillas y tortillas duras

Nutrition Facts
Serving Size 2 tortillas (50g)
Servings Per Container 6

Amount Per Serving
Calories 160 Calories from Fat 40

	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1g	6%
Trans Fat 1.5g	
Cholesterol 0mg	0%
Sodium 370mg	15%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 4g	

English Muffins
"English Muffins"

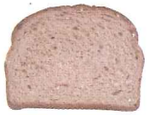
Nutrition Facts
Serving Size 1 muffin (57g)
Servings Per Container 6

Amount Per Serving
Calories 120 Calories from Fat 10

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 4g	

Bread | *Pan*

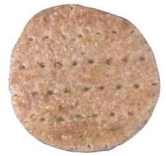
100% Whole Wheat Bread
Pan 100% granos integrales



Nutrition Facts
Serving Size 1 Slice (43g / 1.5oz)
Servings Per Container 16

Amount Per Serving
Calories 110 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	3%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	13%
Sugars 4g	
Protein 4g	



Nutrition Facts
Serving Size 1 Roll (43g)
Servings Per Container 8

Amount Per Serving
Calories 100 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 19g	6%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 6g	

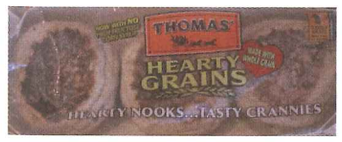
Whole Wheat Wraps
Tortillas de harina integral

Nutrition Facts
Serving Size 1/2 bread (33g)
Servings per package 12

Amount Per Serving
Calories 110 Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 4g	

Whole Wheat English Muffins
"English Muffins" de trigo integral



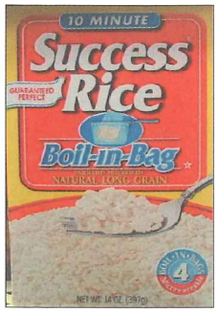
Nutrition Facts
Serving Size 1 muffin (57g)
Servings Per Container 6

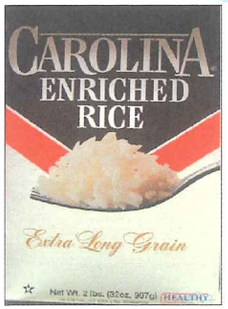
Amount Per Serving
Calories 120 Calories from Fat 10

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 6g	

White Rice: 1g fiber or less
Arroz blanco: 1g de fibra o menos

Read the label.
Look for high fiber.
Lea la etiqueta.
Puedes buscar en fibra.





White Pasta: 2g fiber or less
Fideos blancos: 2g de fibra o menos

Rice & Pasta | *Arroces y pastas*

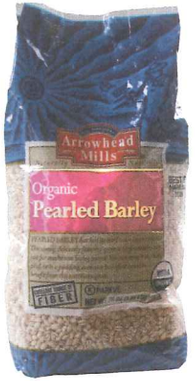
Brown Rice: 2g fiber or more
Arroz integral: 2g de fibra o más

Wild Rice: 2g fiber or more
Arroz silvestre: 2g de fibra o más

Whole Grain Pasta: 3g fiber or more
Fideos integrales: 3g de fibra o más

Other Grains | *Otros granos*

Barley
Cebada



Nutrition Facts
Serving Size 1/4 cup (44g)
Servings Per Container about 18

Amount Per Serving	
Calories 160	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Potassium 200mg	6%
Total Carbohydrate 32g	11%
Dietary Fiber 8g	30%

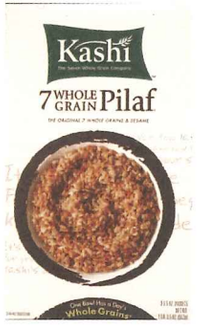
Quinoa
Quinoa

Nutrition Facts
Serving Size 1/4 Cup Dry (46g)
Servings Per Container 7.5

Amount Per Serving	
Calories 172	Calories from Fat 25
	% Daily Value**
Total Fat 2.8 g	4%
Saturated Fat 0 g	0%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Carbohydrate 31 g	10%
Dietary Fiber 3 g	13%
Sugars 3 g	
Protein 6 g	

7 Whole Grain Pilaf
Pilaf de 7 cereales integrales

INGREDIENTS: Whole Wheat Flour, **Kashi Seven Whole Grains & Sesame®** Flour (Stone Ground Whole: Oats, Hard Red Winter Wheat, Rye, Long Grain Brown Rice, Triticale, Buckwheat, Barley, Sesame Seeds), Malted Barley, Salt, Yeast, Mixed Tocopherols (Natural Vitamin E) for Freshness.
CONTAINS WHEAT INGREDIENTS.

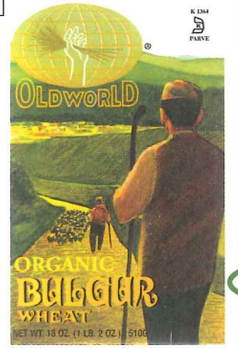


Nutrition Facts
Serving Size 1/2 cup cooked (140g/4.9 oz.)
Servings Per Container About 12

Amount Per Serving	
Calories 170	Calories from Fat 25
	% Daily Value**
Total Fat 3g*	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Potassium 165mg	5%
Total Carbohydrate 30g	10%
Dietary Fiber 6g	24%
Sugars 0g	
Protein 6g	

Flour | *Harina*

Bulgur Wheat
Trigo bulgur



Nutrition Facts
Serving Size: 1/4 cup (43g)
Servings per container: about 11

Amount Per Serving	
Calories 130	Calories from fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 160mg	5%
Total Carbohydrate 29g	10%
Dietary Fiber 5g	22%
Sugars 0g	
Protein 4g	

White Flour
Harina blanca

Nutrition Facts
Serving Size 1/4 cup (30g)
Servings Per Container about 76

Amount Per Serving	
Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber less than 1g	3%
Sugars less than 1g	
Protein 4g	

100% Whole Wheat Flour
Harina 100% de trigo integral

Nutrition Facts
Serving Size 1/4 cup (30g)
Servings Per Container about 76

Amount Per Serving	
Calories 110	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 4g	

Follow the green arrow to the healthier choice

Siga la flecha hacia la opción más saludable

Whole milk
Leche entera

1% milk
Leche 1%

Fat free skim milk
Leche sin grasa

High fat cheese
Quesos con muca grasa

Fat free cheese
Quesos sin grasa

Regular cream cheese
Queso crema regular

Fat free cream cheese
Queso crema sin grasa

Butter & margarine
Mantequilla y margarina

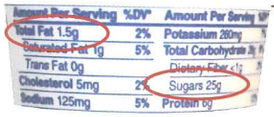
Vegetable oil spread
Margarinas de aceite vegetal

Regular sour cream
Crema agria regular

Low fat sour cream
Crema agria baja en grasa

High fat cottage cheese
Requezón alto en grasa

Low fat or fat free cottage cheese
Requezón bajo o sin grasa



Yogurt – High sugar & fat
Yogur – Mucha azúcar y grasa

Yogurt — Low sugar & no fat
Yogur – Poca azúcar y sin grasa

Look at both sugar and fat: Choose 0 fat and low sugar

Fíjese en la azúcar y grasa: escoja no grasa y baja azúcar

Salad Dressing | *Aderezos para ensaladas*

Salad Dressing - More than 90 calories per serving
Aderezos para ensaladas – Más de 90 calorías por porción

Lite or Fat Free Dressing - 90 calories or less per serving
Aderezos para ensaladas "lite" o sin grasa – 90 calorías o menos

Choose Lite or Fat Free Dressings...

1 serving = 2 Tbsp. of dressing!

Using too much can add
hundreds of calories to your salad!

Elija aderezos "lite" o sin grasa…

¡1 porción = 2 cucharadas de aderezo!

Usar demasiado aderezo puede añadir cientos de calorías a su ensalada.

Dips, Syrup & Jelly | *Salsas, jarabes y jaleas*

Salsa
Salsa

Hummus & Taboule
Hummus y tabuli

Cheese Dip
Salsas de queso

Creamy Dip
Salsas cremosas

Jelly
Jalea

Sugar Free/Low Sugar Jelly
Jalea sin o con poca azúcar

Pancake Syrup
Mermelada para panqueques

Lite Pancake Syrup
Mermelada para panqueques "lite"

Check how much sugar there is in your favorite drink.
Vea cuánta azúcar hay en su bebida favorita.

20 oz soda

=

16 teaspoons of sugar in one 20 oz bottle

16 cucharaditas en una botella de 20 onzas

=

Nutrition Facts	
Serving Size 8 fl oz (240 mL)	
Servings Per Container 2.5	
Amount Per Serving	
Calories 100	
	% Daily Value*
Total Fat 0g	**0%**
Sodium 25mg	**1%**
Total Carb. 27g	**9%**
Sugars 27g	
Protein 0g	

4.2g of sugar = 1 teaspoon of sugar

4.2g de azúcar = 1 cucharadita de azucar

8 fl oz = 1 Cup

8 fl oz = 1 Taza

The number of grams of sugar listed on the nutrition label is **only the amount per serving**. Remember that the serving size is only 8 ounces. There are 2.5 servings in the bottle so the total sugar in the bottle is 67.5 grams, or about 16 teaspoons.

El número de gramos de azúcar que aparece en la etiqueta de nutrición es sólo la cantidad por porción. Recuerde que el tamaño de la porción es de sólo 8 onzas. Hay 2.5 porciones en la botella por lo que el total de azúcar en la botella es de 67.5 gramos, o aproximadamente 16 cucharaditas.

2.5 servings in the bottle

2.5 porciónes en esta botella

+ +

=

Drinks: low sugar or no sugar is better

Apple juice
Juga de manzana

Apple and water
Manzana y agua

Vitamin Water
Agua vitamínica

Vitamin Water Zero
Agua vitamínica Cero

Water
Agua

Cola

Diet cola

Pepsi

Diet Pepsi

Dr. Pepper

Diet Dr. Pepper

Sierra Mist

Sierra Mist Free

Chocolate milk
Leche con chocolate

1% lofat milk
Leche 1%

Iced tea
Té helado

Diet iced tea

Bebidas: bajos en azúcar o no azúcar es mejor

Orange juice
Juga de naranja

Orange and water
Naranja y agua

Dunkin Donuts Coolatta

Iced coffee with skim milk and Splenda
Café helado con leche sin grasa y Splenda

Powerade

Powerade Zero

Fruit drink
Bebidas de fruita

Sugar free drink mix
Mexclas para bebidas sin azúcar

Gatorade

Propel

Double Gulp Coke

Double Gulp Diet Coke

Fanta

Fruit$_2$O

Crush

Diet Crush

Frozen Treats | *Antojitos Congelados*

Choose Low-Fat → 2g of fat or less
Choose Low-Calorie → 130 calories or less

Elija con poca grasa → 2g de grasa o menos
Elija con pocas calorías → 130 calorías o menos

Goals | *Metas*

Small Changes Make a Big Difference

Los cambios pequeños tienen un gran impacto

My Healthy Choices:

__ I will drink **water** or diet drinks instead of soda
__ I will eat a 👍👍👍 cereal with fruit for breakfast
__ I will **move** my body for one hour each day
__ I will **turn off the TV** after just one show
__ I will **limit juice** to one small cup each day
__ I will **eat at the table,** not in front of the TV
__ I will get plenty of **sleep**
__ I will **take the stairs** every chance I get
__ I will **eat breakfast** everyday
__ I will **limit total TV, video games, and computer** to 2 hours or less
__ I will **take a walk** every day
__ I will _____
__ I will _____
__ I will _____
__ I will _____
__ I will _____
__ I will _____

Mis opciones saludables:

__ *Beberé **agua** o bebidas dietéticas en lugar de refrescos*
__ *Comeré un cereal* 👍👍👍 *con fruta para el desayuno*
__ ***Moveré** mi cuerpo una hora por día*
__ ***Apagaré la tele** después de un solo programa*
__ ***Limitaré el jugo** a un vaso pequeño diario*
__ ***Comeré en la mesa**, en lugar de frente a la tele*
__ ***Dormiré** lo suficiente*
__ ***Subiré y bajaré por las escaleras** en todas las oportunidades*
__ ***Desayunaré** todos los días*
__ ***Limitaré las horas que paso frente a la tele, jugando juegos de video, y en la computadora** a 2 horas o menos*
__ ***Saldré a caminar** todos los días*
__ *Otras cosas que haré:* _____
__ *Otras cosas que haré:* _____
__ *Otras cosas que haré:* _____
__ *Otras cosas que haré:* _____
__ *Otras cosas que haré:* _____
__ *Otras cosas que haré:* _____