

## In This Issue

- Sugar by Any Other Name
- Smart Drink Choices
- Word Find
- Right Bite Recipe
- Food Safety Corner
- Better Food for Your Bucks

## Rethink Your Drink!

Carbonated, sugar-sweetened soft drinks are the single biggest source of calories in the American diet...and noncarbonated, sugar-sweetened soft drinks (fruit drinks, ades, ice teas) add even more calories. Too many calories equal weight gain. Just 100 extra calories a day can add up to about a 10-pound weight gain in one year.

### DID YOU KNOW?

Most people don't decrease food calories to make up for the calories they drink.

**What  
Are You  
Drinking?**

## Sugar by Any Other Name

How do you know if a food or drink has added sugar? Check the ingredient list on food labels and look for these words:

High-fructose corn syrup	Fructose
Fruit juice concentrate	Honey
Sugar	Syrup
Corn syrup	Sucrose
Dextrose	



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## What You Drink Makes a Difference!

Here are some ways to make smart drink choices:

- ◆ Choose water, diet or low-calorie drinks instead of sugar-sweetened drinks.
- ◆ Carry a bottle of water with you every day.
- ◆ Serve water with meals.
- ◆ Make water more exciting by adding slices of lemon or lime.
- ◆ When you do have a sugar-sweetened drink, order a small size.



## Make Your Calories Count!

Try getting your calories in the form of food instead of sugar-sweetened soft drinks.

Can you find the healthy food choices listed below?

WATERMELON  
BANANAS  
ORANGES  
GRAPES  
APPLES

X J Z G I G A C E Q S D E Z P  
K J R W T Y J S X T E J Q O U  
N O L E M R E T A W G N S T A  
R C M N J P P U Z R N Y I X R  
V J D G M C X E E Y A X B F A  
I U H G N V H B U A R A C G M  
M L F V E T R P R C O C Z T M  
K U G I G R R E N L R B D A S  
D Q A B C R K M S G E J S E P  
D M M J D Y S Z U A W T P R M  
R W Z R X X S B I H N A A E B  
B W G F Q O J N D V R A N O S  
R P S L B V Z Z L G B R N E N  
B A P P L E S F B O C S Z A U  
S G E V X V I X I F S Q X H B



## Right Bite Recipe

### Sparkling Cranberry Drink

#### Ingredients

- 3 ounces cranberry juice (no sugar added)
- 7 ounces diet lemon-lime soda or sparkling water

#### Directions

1. Fill glass with ice cubes.
2. Add juice and diet soda or sparkling water.
3. Mix well.

Number of servings:	1
Calories:	56
Grams of fiber:	0
Grams of fat:	0
Grams of carbohydrate:	14
Grams of protein:	0
Milligrams of sodium:	2
Milligrams of vitamin C	9

Be creative and try different flavors of juice for this recipe – just make sure you choose 100% juice!



## Food Safety Corner

### Are Freezer-Burned Foods Safe to Eat?

- ◆ Freezer burn is caused by air reaching the surface of food.
- ◆ Freezer burn makes food dry in spots, but it is still safe to eat.
- ◆ Freezer-burned spots can be cut away either before or after cooking.
- ◆ Heavily freezer-burned foods may need to be thrown away for quality reasons.
- ◆ Be sure to keep your freezer at 0 degrees or lower.





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## Get Better Food for Your Bucks!

Many people think fruits, vegetables and other low-fat, nutritious foods are too expensive, but here are some things to keep in mind.



A trip to the vending machine can be expensive. A can of soda and a candy bar can add over a \$1.00 to your food bill each day, while supplying few vitamins and minerals.



A carton of yogurt, 8 ounces of orange juice and a banana also cost about a \$1.00, but they have many important vitamins and minerals.



Milk and sugar-sweetened sodas cost about the same. Sodas offer little nutrition, while milk provides calcium, vitamin D and protein.

*For more information on food, nutrition or health, contact your county Extension office or visit [www.uaex.edu](http://www.uaex.edu).*