

# “Rethink Your Drink” Matching Game

## Match the Beverage to Its Calorie Count

	Lemonade (20 ounces)	227 calories
	Café latte with fat-free milk (12 ounces)	3 calories
	Regular cola soda (20 ounces)	192 calories
	Sweetened iced tea, bottled (20 ounces)	125 calories
	Unsweetened iced tea, bottled (20 ounces)	0 calories
	Frozen caramel coffee drink with whipped cream (16 ounces)	225 calories
	Chocolate milk, 1% low-fat milk (8 ounces)	165 calories
	Sports drink (20 ounces)	430 calories
	Diet soda (20 ounces)	158 calories
	Whole milk (8 ounces)	0 calories
	Fat-free milk (8 ounces)	150 calories
	100% apple juice (12 ounces)	90 calories
	Water	280 calories

**Source:** Adapted from Centers for Disease Control and Prevention, Rethink Your Drink  
Webpage. [www.cdc.gov/healthyweight/healthy\\_eating/drinks.html](http://www.cdc.gov/healthyweight/healthy_eating/drinks.html)

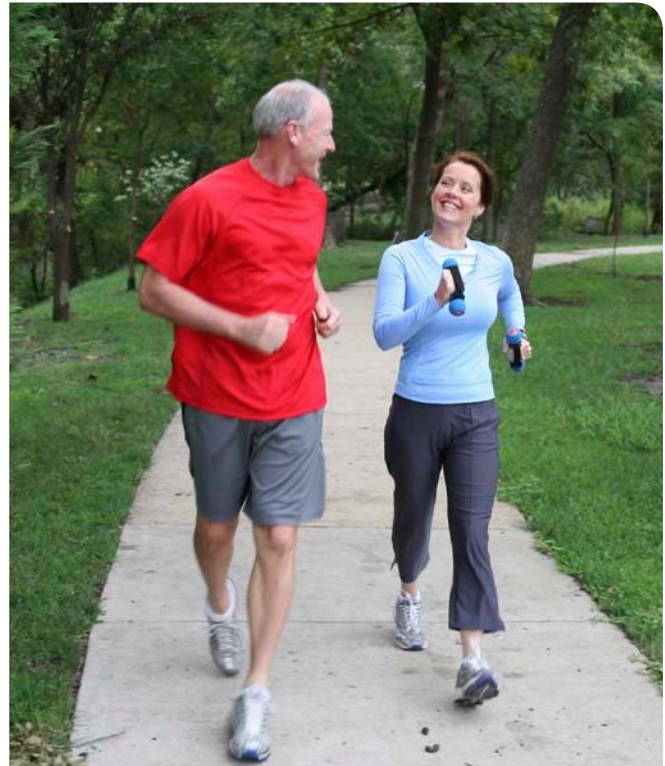


# Why Should I Be Physically Active?

If your doctor has suggested that you begin a physical activity program, follow that advice. The American Heart Association recommends that adults get at least 150 minutes of moderate-intensity physical activity each week. People who don't get enough physical activity are much more likely to develop health problems.

Regular, moderate-intensity aerobic physical activity can lower your risk of:

- Heart disease and heart attack
- High blood pressure
- High total cholesterol, high LDL (bad) cholesterol and low HDL (good) cholesterol
- Overweight or obesity
- Diabetes
- Stroke



If you have a chronic condition, talk to your healthcare provider about an exercise program that's right for you. Once you start, you'll find that exercise isn't just good for your health — it's also fun.

## What else can physical activity do for me?

Physical activity is associated with these benefits:

- Strengthens your heart, lungs, bones and muscles.
- Gives you more energy and strength.
- Helps control your weight and blood pressure.
- Helps you handle stress.
- Helps your quality of sleep.
- Helps you feel better about how you look.

## What kind of activities should I do?

You don't have to be an athlete to lower your risk of heart disease and stroke! If done on most or all days, you can benefit from moderate activities like these:

- Brisk walking
- Gardening and yard work
- Moderate to heavy housework
- Pleasure dancing and home exercise

More vigorous physical activity can further improve the fitness of your heart and lungs. Start slowly, and build up as your heart gets stronger. Start with light or moderate intensity activity, for short periods of time. Spread your sessions throughout the week.

Most healthy adults do not need to consult a doctor or healthcare provider before becoming more physically active. But healthcare providers can provide advice on the types of activities best for you and ways to progress at a safe and steady pace. Then try one or more of these:

- Hiking or jogging
- Stair climbing
- Bicycling, swimming or rowing
- Aerobic dancing or cross-country skiing

(continued)



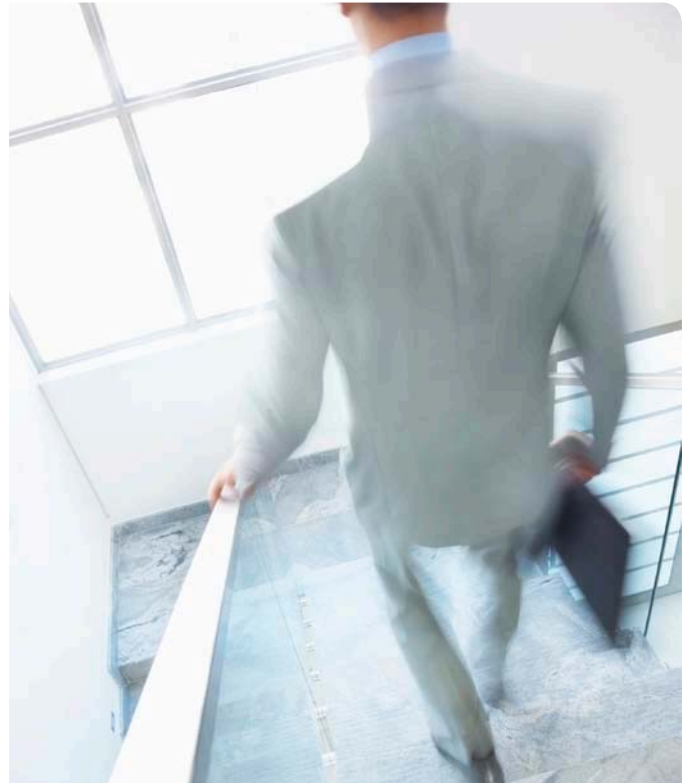
### How often should I exercise?

- Work up to a total of least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous physical activity per week.
- Make sure it's regular — you can reach your 150 minute goal by getting about 30 minutes of physical activity on most or all days of the week.

### What else can I do?

Look for ways to add more physical activity to your daily routine. Making small changes in your lifestyle can make a big difference in your overall health. Here are some examples:

- Take a walk for 10 or 15 minutes during your lunch break.
- Take stairs instead of escalators and elevators.
- Park farther from the store and walk through the parking lot.



Taking the stairs instead of escalators or elevators is an easy way to add physical activity to your daily routine.

### HOW CAN I LEARN MORE?

- 1 Call **1-800-AHA-USA1** (1-800-242-8721), or visit **heart.org** to learn more about heart disease and stroke.
- 2 Sign up to get *Heart Insight*, a free magazine for heart patients and their families, at **heartinsight.org**.
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at **heart.org/supportnetwork**.

### Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

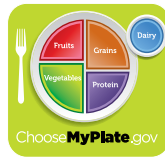
For example:

**What's the best type of physical activity for me?**

**How much should I exercise?**

### My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit **heart.org/answersbyheart** to learn more.



# Make better beverage choices

**A healthy eating style includes all foods and beverages.** Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too many calories from saturated fat. Here are some tips to help you make better beverage choices.

## 1 Drink water

Drink water instead of sugary drinks. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and few nutrients.



## 2 How much water is enough?

Let your thirst be your guide. Everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active or live or work in hot conditions.

## 3 A thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

## 4 Manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

## 5 Kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice\* each day.



\*100% juice is part of the Fruit or Vegetable Group.

## 6 Don't forget your dairy\*\*

Select low-fat or fat-free milk or fortified soy beverages. They offer key nutrients such as calcium, vitamin D, and potassium. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.

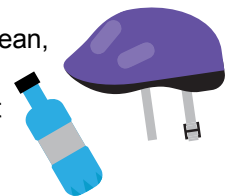


## 7 Enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

## 8 Water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



## 9 Check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

## 10 Compare what you drink

Food-A-Pedia, an online feature available at [SuperTracker.usda.gov](http://SuperTracker.usda.gov), can help you compare calories, added sugars, and fats in your favorite beverages.

\*\* Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.



# MyPlate MyWins

# Reach your nutrition goals

To help you achieve your nutrition goals, try using the tips below.



## Start with small changes

Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future.



## Take one day at a time

Sometimes things don't go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don't give up!



## Be active your way

Pick activities you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.



## Team up

Find a friend with similar goals—swap healthy recipes and be active together. Staying on track is easier with support and a cheerleader.



## Celebrate successes

Think of each change as a “win” as you build positive habits and find ways to reach your goals. Reward yourself—you've earned it!



## List more tips

---

---

---

---