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## DISCOVERING FRUITS AND VEGETABLES

Descubre las Frutas y Verduras



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DISCOVERING  
WHOLE GRAINS

Descubre la Harina de Trigo



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## DRINK SMART: HEALTHY STARTS AT HOME

Beba Inteligentemente: La buena  
salud comienza en el hogar



# drink smart

How much sugar is in your favorite drink?

- 1) Look at the Nutrition Facts Label on the back
- 2) Find the total grams of sugar in entire drink container
- 3) Total carbohydrates x number of servings = grams of sugar in drink
- 4) Total grams of sugar / 4 = teaspoons of sugar

In 2009, the American Heart Association (AHA) reported that the average American consumes 22 teaspoons of added sugar (not sugars found naturally in foods) every day.



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EAT SMART: HEALTHY  
STARTS AT HOME

Coman inteligente: Comiendo  
saludable comiensa en la casa



# eat smart

Eating healthy starts with being aware of your intake of salt and fat.

## RECOMMENDED LEVELS OF SALT AND FAT PER DAY:

### SALT

Adults 51 or younger	2300mg
Adults 51 or older	1500mg
Children	1500mg

### FAT

Adults	65 grams or less
Children	40-65 grams

