Preventing Diabetes

YMCA: National Diabetes Prevention Program

This is a 12-month group-based program that consists of 16 one-hour, weekly sessions, followed by monthly sessions led by a trained lifestyle coach. Topics include healthy eating, increasing physical activity, reducing stress, problem solving, and much more. Program is offered in English and potentially Spanish. Site locations will vary so call for details. Program cost is $429 per participant, and includes a 4 month YMCA subscription. Financial assistance may be available. To be eligible for this program you must be 18 years of age or older and at increased risk for diabetes. For more information contact Stephanie Happe at (408) 351-6440 or at ymca@ymcasy.org or visit www.ymca.net/diabetes-prevention/.

Indian Health Center of Santa Clara Valley: Diabetes Prevention Program

This is a free 16-week lifestyle balance program to prevent type 2 diabetes. The program provides education, encouragement and the tools necessary to help individuals reach their healthy-lifestyle goals. This program is designed for adults who have prediabetes. To be eligible for this program you must be American Indian, non-diabetic, 18 years of age or older, and prediabetic with a fasting blood glucose of 100-124. The program is currently offered in English only. However, beginning January 2016 classes will be delivered in Spanish as well. Classes are held at 602 East Santa Clara Street, Suite 130, San Jose, CA 95113. For more information call Lydia Martinez at (408) 445-3400 Ext. 3780 or visit www.indianhealthcenter.org/services_and_programs/community_wellness_and_outreach.html.

American Diabetes Association (ADA): Por tu Familia

Prevention modules and materials are available in English and Spanish. Resources will cover a wide range of topics from cooking with a Latin flair, to being more physically active, to maintaining a healthy weight. This program also includes access to diabetes-focused health fairs and Diabetes T2 Prevention camps for youth and seniors. For more information, contact Jesse De La Cruz at (408) 476-2104 or jdelacruz@diabetes.org or visit the ADA website at www.diabetes.org/in-my-community/local-offices/san-jose-california/.

Please contact your health plan to learn about any available classes aimed at preventing diabetes. For example, Valley Health Plan has a class for their members called “My Weigh 2 Prevent Diabetes” which is based on the National Diabetes Prevention Program sponsored by the Centers for Disease Control and Prevention (CDC).

Learn more about what Santa Clara County is doing to prevent diabetes at: SCCPreventDiabetes.org

Funding made possible by the Centers for Disease Control and Prevention.
Managing Diabetes

The Health Trust: Diabetes Self-Management Program (DSMP)
This is a self-management program for people 18 years or older living with diabetes. This program also benefits individuals who care for someone living with diabetes. Subjects covered include: techniques to deal with the symptoms of diabetes; appropriate exercise; healthy eating; appropriate use of medication; and working effectively with health care providers. Classes are held at multiple locations in English and Spanish. Cost may be covered by health insurance. Scholarships may be available. Some workshops are free. For more information call (408) 961-9858 or email diabetesED@healthtrust.org or visit www.healthtrust.org/services/better-choices-better-health/ and see the "Services" section for information about this program.

The Health Trust: Better Choices, Better Health (BCBH) Community Workshops
This is a self-management program for people 18 years or older living with chronic conditions such as diabetes, depression, asthma and obesity. This program also benefits individuals who care for someone living with chronic conditions. Workshop topics include: techniques to deal with problems such as frustration, fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; and how to evaluate new treatments. Classes are held at multiple locations in English, Spanish, Vietnamese, Cantonese, and Mandarin. Cost may be covered by health insurance. Scholarships may be available. Some workshops are free. For more information call (408) 961-9877 or email BCBH@healthtrust.org or visit www.healthtrust.org/services/better-choices-better-health/ and see the "Services" section for information about this program.

The Health Trust: Medical Nutrition Therapy (MNT)
Medical Nutrition Therapy (MNT) is an essential component of comprehensive health care. Individuals with a variety of conditions and illnesses can improve their health and quality of life by receiving medical nutrition therapy. During an MNT intervention, Registered Dietitians counsel clients on behavioral and lifestyle changes required to impact long-term eating habits and health. The program includes: individualized nutrition to aid control of Type 2 Diabetes; personalized behavior change plans: eating, exercise, and stress control plans; and long term follow up with extensive monitoring of labs, outcomes, behavior, etc.

Valley Medical Center: Healthier Living Program
This is a free 6-week class that can help you manage your ongoing medical symptoms, and give you skills to better manage your condition. Most classes are led by individuals living with a chronic condition. Each week, participants learn different topics such as how to manage stress or other troubling symptoms, exercise safely and take medications correctly. Classes are open to Valley Medical Center and community health clinic members. Participants are encouraged to bring a family member or friend. Classes are held at multiple locations in English, Spanish, Vietnamese, and Hindi. For more information call (408) 885-2486 or email healthier.living@hhs.sccgov.org.

American Diabetes Association (ADA): Family Link
This is a local program for families of children with type 1 and type 2 diabetes. Core components of Family Link include family mentor program for newly diagnosed children, social events and diabetes education. Cost may be covered by health insurance. Scholarships may be available. Some workshops are free. For more information contact Karen Zimmerman at (408) 241-1922 ext. 7470 or email kzimmerman@diabetes.org.

Please contact your provider or health plan to learn about any diabetes management programs and classes that may be available.
It's In Our Hands

Child and Family Food/Nutrition Services in Santa Clara County

First 5 Family Resource Centers
Website: http://www.first5kids.org/frc
The following First 5 programs offer nutrition and physical activity classes and wellness programs:
The Health Trust First 5: Phone: (408) 380-8600 Website: http://www.first5kids.org/frc/health-trust
San Miguel First 5: Phone: (408) 522-8200 ext. 1890 Website: http://www.first5kids.org/frc/san-miguel
Community Health Awareness Council First 5: Phone: (650) 967-4813
Email: familyresoursecents@chacmv.org Website: http://chacfrcs.weebly.com/about.html

Santa Clara County Black Infant Health Program
Phone: (408) 937-2270 Website: https://www.sccgov.org/sites/scphd/en-us/Residents/pregnant-children/stay-safe/bihealth/BIH/Pages/bih.aspx
Prenatal health, nutrition and exercise, labor and delivery, family planning, breastfeeding, parenting, infant safety, healthy relationships, stress management and goal setting. Must be African-American or bi-racial, be pregnant at 26 weeks or under, and be at least 18 years old. Can apply or be referred by a doctor.

Santa Clara County Women, Infants, and Children (WIC) Program
Phone: (408) 792-5101 or send referrals to (408) 294-6315
Nutrition, breastfeeding counseling, and immunization screening and referral also available. Must be low income pregnant/breastfeeding women with kids ages 0 to 5 years old. Foster parents, guardians, and single fathers who have custody are also eligible.

Senior Food/Nutrition Services in Santa Clara County

Korean American Community Services
Phone: 408-920-9733 Email: info@kacs1.org Website: http://www.kacsv.org/senior-programs
Dietitian approved senior nutrition program that provides lunch every day. Brown Bag Program (in partnership with SHFB) serves groceries every Thursday for low-income seniors living in Santa Clara and San Mateo counties.

Sacred Heart Community Service Food Pantry
Phone: (408) 916-5053 Email: teresap@sacredheartcs.org
Website: http://sacredheartcs.org/service/food-clothing/
Offers two free food programs including a three-day supply of groceries for the homeless with no meal prep or cooking. Can also receive food twice a month. Serves zip codes 95110, 95117, 95125, 95126, 95128, 95134, and homeless individuals.
It's In Our Hands

Food Services in Santa Clara County

Second Harvest Food Bank
Food connection hotline: 1-800-984-3663 Email: foodconnection@shfb.org Website: https://www.shfb.org
Food Connection hotline, helps individuals and families find free food if they qualify for CalFresh. Can also text “GetFood” (or “ComidaYa” for Spanish) to 97779 to receive a phone call.

Farmers’ Markets
Many farmers' markets in Santa Clara County accept CalFresh/EBT cards. To find a location near you, visit:

Physical Activity and Recreation Services in Santa Clara County

Santa Clara County Parks
Use the Park Finder tool (link below) to find a park near you. Parks offer great spaces and opportunities for physical activity and recreation. Many parks also offer special events and programs throughout the year
https://www.sccgov.org/sites/parks/parkfinder/Pages/parkfinder.aspx

City of San Jose Community Centers
All community centers provide senior lunches that begin at noon. Healthy lifestyle and cardio and strength training classes are also available. For more information, visit the website to view a list of all the community centers in the San Jose Area and a list of programs offered:

Evidence-Based Diabetes/Chronic Disease Prevention and Management

The Health Trust
The Health Trust offers evidence-based programs that provide people living with chronic condition(s) the tools to take charge of their condition. Both workshops are offered throughout Santa Clara County at collaborating organizations including senior centers, low income housing and public libraries.
Better Choices Better Health: Phone: (408) 961-9877 Email: BCBH@healthtrust.org
Website: www.healthtrust.org/services/better-choices-better-health/
Diabetes Self-Management Program: Phone: (408) 961-9858 Email: diabetesED@healthtrust.org
Medical Nutrition Therapy: Phone: (408) 961-9858 Email: diabetesED@healthtrust.org

Valley Medical Center Healthier Living Program
Phone: (408) 885-2486 Email: healthier.living@hhs.sccgov.org
A free 6-week class that can help you manage your ongoing medical symptoms and better manage your condition.
10 STEPS TO A HEALTHIER YOU!
A FREE, three-class series for parents and caregivers

CALL 1-855-344-6347 to register for a class or for more information on an upcoming class.

FREE CHILD CARE PROVIDED

CLASS 1: 10 Steps to a Healthier You!
Did you know that children ages 5-9 need up to 11 hours of sleep per night? Do you know why eating fruit is healthier than drinking 100% juice?

CLASS 2: Structure and Routines
Do you have a hard time getting your child to bed at night? Does mealtime become a power struggle at the table?

CLASS 3: 5 Keys to Raising a Healthy, Happy Eater
Should I make my child eat vegetables? Do you think that your child is a picky eater?
10 PASOS PARA UNA MEJOR SALUD!
Una serie de tres clases GRATUITAS para padres y cuidadores

CLASE 1: ¡10 Pasos para una Mejor Salud!
¿Sabía usted que los niños de 5 a 9 años necesitan dormir hasta 11 horas por noche?

¿Sabe usted por qué comer fruta es más saludable que beber jugo de 100%?

CLASE 2: Estructura y Rutinas
¿Se le hace difícil acostar a su hijo en la noche?
¿La hora de comer es una lucha de poder en la mesa?

CLASE 3: 5 Claves para Criar un Niño que Coma Saludablemente y Contento
¿Debo hacer que mi hijo coma verduras?
¿Considera usted que su hijo es quisquilloso con la comida?
For more information:

408-961-9877

For class dates at these locations, please call us at 408-961-9877.

- Mountain View Senior Center
- San Jose Senior Center
- Sunnyvale Senior Center

Workshops meet for 2.5 hours each date except for the two that meet twice.

Class Details

Are You Ready?

Better Health - Better Choices.

FREE WORKSHOPS

San Jose, CA 95126

1400 Parkmoor Ave, Suite 230
The Health Trust

Fax: 408-961-9869

408-961-9877

bcp@healthtrust.org

6986

408-961-9869

408-961-9877

Choose Better Health.

Better Choices. Better Health is now available in your own neighborhood.

It's a 12-week, group-based program in which you can learn and practice skills to feel better and achieve new goals. The program is being offered in

*Please note that some dates may change.

For more information, please call 408-961-9877.

Location: Sunnyvale Senior Center

550 E. Remington Dr., Sunnyvale, CA 94087
Should I attend?

- Do you enjoy helping others?
- Do you have an ongoing health condition like high cholesterol, diabetes, arthritis, heart disease, asthma or emphysema?
- Are you looking for tools to help manage your conditions?
- Do you ever feel overwhelmed about your condition?
- Do you enjoy a classroom environment?
- Do you like receiving ideas from others?
- Do you want tools to help you achieve personal goals?

*If you answered yes to any of these, this workshop is for you!!*

For more information:
408-961-9877

What are the benefits?

Workshops are **free** for residents of San Mateo County

People who attend will get a toolbox of skills including:
- How to read food labels
- How to get a good nights sleep
- Decision making
- Working with health professionals
- Weight management
- Positive thinking
- Dealing with pain and fatigue
- Communication skills
- Goal setting

*Get a textbook and relaxation CD to improve your quality of rest!!!*

Is this program for me?

<table>
<thead>
<tr>
<th>Are you ready to take a step forward with your condition?</th>
<th>Yes?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you want to wake up with a fresh outlook on life?</td>
<td>Yes?</td>
</tr>
<tr>
<td>Do you want to improve your relationship with your health care</td>
<td>Yes?</td>
</tr>
<tr>
<td>Are you interested in meeting others with similar concerns?</td>
<td>Yes?</td>
</tr>
</tbody>
</table>

*If you have answered yes to any of these questions, this workshop is for you!*

**The Health Trust**
1400 Parkmoor Ave. Suite 230
San Jose, CA 95126
Phone: 408-961-9877
Fax: 408-961-9869
E-mail: bcbh@healthtrust.org
Community Health Partnership Health Centers

SANTA CLARA COUNTY

Asian Americans for Community Involvement

AACI Health Center - Moorpark Avenue
2400 Moorpark Avenue, Suite 319, San Jose 95128
1 (408) 975-2763  Mon-Fri 8:30am-5:30pm
Spanish, Vietnamese, Japanese, Korean, Mandarin

AACI Health Center - Story Road
749 Story Road, Suite 50, San Jose 95122
1 (669) 800-6991  Mon 1:30pm-5:30pm; Thu 1:30pm-7pm
Spanish, Vietnamese, Chinese, Cambodian

Gardner Family Health Network

Alviso Health Center
1621 Gold Street, Alviso 95002
1 (408) 935-3900  Mon-Fri 8am-5:00pm
Spanish, Hindi, Phone Translation Service

CompreCare Health Center
3030 Alum Rock Avenue, San Jose 95127
1 (408) 272-6300 Dental: (408) 272-6360
Mon-Sat 8am-5:30pm; Dental: Mon-Fri 8:30am-5:30pm;
Sat 8am-3:30pm
Spanish

Gardner Downtown Health Center
725 East Santa Clara Street, San Jose 95112
1 (408) 794-0500  Mon-Fri 8:30am-5:30pm
Spanish, Bulgarian, Phone Translation Service

Gardner Health Center
195 East Virginia Street, San Jose 95112
1 (408) 918-5500 Mon-Fri 8:30am-5:30pm
Spanish

Gardner South County Health Center
7526 Monterey Street, Gilroy 95020
1 (408) 848-9400 Dental: 2nd Floor (408) 848-9436
Mon-Sat 8am-5pm
Spanish, Vietnamese

St. James Health Center
55 East Julian Street, San Jose, 95112
1 (408) 918-2600 Dental: (408) 918-2626
Mon-Fri 8:30am-5:30pm
Spanish

Indian Health Center of Santa Clara Valley

Family Health Center at O'Conner
455 O'Connor Drive, Suite 200, San Jose 95128
1 (408) 283-7676  Mon-Fri 8:30am-5pm
Spanish

Main Clinic at 1333 Meridian Avenue
1333 Meridian Avenue, San Jose 95125
1 (408) 445-3400 ext. 250
Mon & Fri 8am-5pm; Tue-Thu 8am-7pm;
Sat 8am-12pm (Saturday is by appointment only)
Spanish, Vietnamese, Hindi, Phone Translation Service

Silver Creek Clinic
1642 East Capitol Expressway, San Jose 95121
1 (408) 445-3431
Mon, Tue, Thu &Fri 8am-5pm; Wed 8am-7pm
Spanish

MayView Community Health Center

Mountain View Clinic
900 Miramonte Avenue, 2nd Floor, Mountain View 94040
1 (650) 956-3323  Mon, Wed, Fri 8:15am - 5pm;
Tue & Thu 8:15am-8:30pm; Sat 9am-4pm (Every other week)
Spanish, Hindi, Farsi, Tagalog

MayView Community Health Center (continued)

Palo Alto Clinic
270 Grant Avenue, Palo Alto 94306
1 (650) 327-8717  Mon-Fri 8:30am-8:30pm;Tue-Fri 8:30am-5pm
Spanish, Hindi, Farsi, Tagalog

Sunnyvale Clinic
785 Morse Avenue, Sunnyvale 94085
1 (408) 746-0455  Mon, Wed-Fri 8:30am-5pm;
Tues 1pm-4pm (Tuesdays-immunizations only)
Spanish, Hindi, Farsi, Tagalog

North East Medical Services

1715 Lundy Clinic
1715 Lundy Avenue, Suite 108-116, San Jose 95131
1 (408) 573-9686  Mon-Sat 8:30am-5pm
Vietnamese, Cantonese, Mandarin

1870 Lundy Clinic
1870 Lundy Avenue, San Jose 95131
1 (408) 573-9686  Mon-Fri 8:30am-5pm
Vietnamese, Cantonese, Mandarin

Planned Parenthood Mar Monte

Blossom Hill Health Center
5440 Thornwood Drive, Suite G, San Jose 95123
1 (408) 281-9777  Mon-Wed 8:30am-6:30pm;
Thu-Fri 8:30am-5pm; Every other Sat 9am-3pm
Interpreters available in almost all languages

Eastside Health Center
3131 Alum Rock Avenue, San Jose 95127
1 (408) 729-7600  Mon & Thu 8:30am-6pm;
Tues, Wed, Fri 8:30am-5pm
Interpreters available in almost all languages

Foothill College Health Center (Foothill Students & Staff Only)
12345 El Monte Road, Los Altos 94022, Campus Center Room 1126
1 (650) 949-7243  Mon-Fri 8:30am-4:30pm;
Closed every 4th Mon at 3pm; Closed on Fri during summer session; Closed last 2 weeks of Aug. & Dec.
Interpreters available in almost all languages

Gilroy Health Center
760 Renz Lane, Gilroy 95020
1 (408) 847-1739  Mon & Wed 9:15am-5:30pm;
Tues 10:45am-7pm; Thu & Fri 8:45am-5pm; Sat 8:45am-1pm
Interpreters available in almost all languages

Mar Monte Community Clinic
2470 Alvin Avenue, Suite 69, San Jose 95121
1 (408) 274-7100  Mon, Tue, Thu & Fri 8:40am-5pm;
Wed 8:40am-7pm; Sat 8:40am-1pm by appointment only
Interpreters available in almost all languages
Community Health Partnership Health Centers

Planned Parenthood Mar Monte (continued)

Mountain View Health Center
225 San Antonio Road, Mountain View 94040

① (650) 481-8087  ② Mon-Wed & Fri 8:30am-5pm; Thurs 8:30am-7pm
Interpreters available in almost all languages

San Jose Health Center
1691 The Alameda, San Jose 95126
① (408) 287-7526  ② Mon & Wed 8:30am-5pm; Tue & Thurs 8:30am-7pm, Fri 7:30am-5pm; Sat hours vary, call to verify
Interpreters available in almost all languages

RotaCare Bay Area, Inc.
Gilroy Clinic (inside South Valley Middle School health clinic)
7861 Murray Avenue, Gilroy 95020
① (408) 676-3030  ② Tue 5pm-8pm
Spanish

Mountain View Clinic (El Camino Hospital)
2400 Grant Road, Park Pavilion Building, Ground Floor, Mountain View 94040
① (650) 988-8202  ② Mon, Tue & Fri 9am-4:30pm; Wed & Thu 1pm-7:30pm
Spanish

San Jose Clinic (Washington School)
100 Oak Street, San Jose 95110
① (408) 715-3088  ② Wed 5pm-9pm
Spanish

Santa Clara Valley Health and Hospital System

Valley Health Center Bascom
750 South Bascom Avenue, San Jose 95128
① (888) 334-1000
Interpreters available in almost all languages

School Health Clinics of Santa Clara County

Franklin McKinley Neighborhood Health Clinic
645 Wool Creek Drive, San Jose 95112
① (408) 283-6051  ② Mon-Fri 8am-4:30pm
Spanish

Gilroy Neighborhood Health Clinic
7861 Murray Avenue, Gilroy 95020
① (408) 842-1017  ② Mon-Fri 8am-4:30pm
Spanish, Vietnamese, Japanese, Korean, Mandarin

Overfelt Neighborhood Health Clinic
1835 Cunningham Avenue, San Jose 95122
① (408) 347-5988  ② Mon-Fri 8am-4:30pm
Spanish, Vietnamese, Japanese, Korean, Mandarin

San Jose High Neighborhood Health Clinic
1149 East Julian Street, Building H, San Jose 95116
① (408) 535-6001  ② Mon-Fri 8am-4:30pm
Spanish, Vietnamese, Japanese, Korean, Mandarin

Washington Neighborhood Health Clinic
100 Oak Street, San Jose 95110
① (408) 295-0980  ② Mon-Fri 8am-4:30pm
Spanish, Vietnamese, Japanese, Korean, Mandarin

SAN MATEO COUNTY

Gardner Family Health Network

Gardner Packard Children's Health Center
3351 El Camino Real, Suite 100 Atherton 94027
① (650) 362-2500  ② Mon-Fri 8am-5pm
Spanish, Translator available in person

North East Medical Services

Daly City Clinic
211 Eastmoor Avenue, Daly City 94015
① (650) 550-3923  ② Mon-Fri 8:30am-5:00pm; 1st & 3rd Sat of the month 8:30am-5pm
Vietnamese, Cantonese, Mandarin

Planned Parenthood Mar Monte

Redwood City Health Center
2907 El Camino Real, Redwood City 94061
① (650) 503-7810  ② Mon, Wed, Fri 9am-5pm; Tue 11am-7pm; Thu 10am-6pm
Interpreters available in almost all languages

San Mateo Health Center
29 Baywood Avenue, San Mateo 94402
① (650) 235-7940  ② Mon, Tues, Thu & Fri 8:30am-5pm; Wed 8:30am-7pm; closed 4th Fri of every month at 2:30pm
Interpreters available in almost all languages

Ravenswood Family Health Center

Ravenswood Family Health Center
1885 Bay Road, East Palo Alto 94303
① (650) 330-7400  ② Mon, Wed & Thurs 8am-7pm; Tue 12:30pm-7pm; Fri 8am-5pm; Sat 8am-12pm
Spanish, Tongan

RotaCare Bay Area, Inc.

Coastside Clinic
225 South Cabrillo Hwy, Suite 100A, Half Moon Bay 94019
① (650) 573-3774  ② Wed 5pm-7:30pm
Spanish

Daly City Clinic
Mike Nevin Health Center, 380 90th Street, Daly City, 94015
Mon 5pm-7pm
① 650-515-6885  ② Mon 5:30-7:30 pm
Spanish

COMMUNITY HEALTH PARTNERSHIP
1401 Parkmoor Avenue, Suite 210, San Jose, CA 95126
Phone (408)556-8605 | Fax (408)556-8617
info@chpscc.org / www.chpscc.org

Updated 9/11/2015
A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don’t forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1. **Make half your plate veggies and fruits.** Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2. **Add lean protein.** Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.

3. **Include whole grains.** Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4. **Don’t forget the dairy.** Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don’t drink milk? Try soymilk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.

5. **Avoid extra fat.** Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6. **Take your time.** Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7. **Use a smaller plate.** Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8. **Take control of your food.** Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9. **Try new foods.** Keep it interesting by picking out new foods you’ve never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

10. **Satisfy your sweet tooth in a healthy way.** Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

Go to www.ChooseMyPlate.gov for more information.
Drink, Calories and Container Size (fluid ounces)  Teaspoons of Sugar per Container Size  Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)

**Soda**
- 227 calories
- 14 tsp
- 49 min

**Sports Drink**
- 125 calories
- 9 tsp
- 27 min

**Energy Drink**
- 240 calories
- 15 tsp
- 52 min

**Juice Drink**
- 305 calories
- 17 tsp
- 66 min

**Fruit-flavored Soda**
- 165 calories
- 11 tsp
- 36 min

**Vitamin-added Water**
- 125 calories
- 8 tsp
- 27 min

**Sweetened Tea**
- 213 calories
- 14 tsp
- 46 min

**Water**
- 0 calories
- 0 tsp
- 0 min

**Notes:** Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph. Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. At walking times are rounded up to the next whole number.

<table>
<thead>
<tr>
<th>Bebida, calorias y tamano del envase (enzas liquidades)</th>
<th>Cucharaditas de azucar por tamaño del envase</th>
<th>Minutos de caminata rapida para quemar la bebida (caminar a 3.5 mph)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Refresco</strong></td>
<td>14 cucharaditas</td>
<td>49 min.</td>
</tr>
<tr>
<td>227 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 oz. líquidas</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Bebida deportiva</strong></td>
<td>9 cucharaditas</td>
<td>27 min.</td>
</tr>
<tr>
<td>125 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 oz. líquidas</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Bebida energética</strong></td>
<td>15 cucharaditas</td>
<td>52 min.</td>
</tr>
<tr>
<td>240 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16 oz. líquidas</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Bebida de jugo</strong></td>
<td>17 cucharaditas</td>
<td>66 min.</td>
</tr>
<tr>
<td>305 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 oz. líquidas</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Refresco sabor a fruta</strong></td>
<td>11 cucharaditas</td>
<td>36 min.</td>
</tr>
<tr>
<td>165 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.5 oz. líquidas</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Agua vitamnada</strong></td>
<td>8 cucharaditas</td>
<td>27 min.</td>
</tr>
<tr>
<td>125 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 oz. líquidas</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Té endulzado</strong></td>
<td>14 cucharaditas</td>
<td>46 min.</td>
</tr>
<tr>
<td>213 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 oz. líquidas</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Agua</strong></td>
<td>0 cucharaditas</td>
<td>0 min.</td>
</tr>
<tr>
<td>0 calorías</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 oz. líquidas</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Elaborado por la División de Nutrición y Salud del Departamento de Agricultura de los Estados Unidos. Guía alimentaria para los Estados Unidos. 2005. Table A: Calorias a quemar en una caminata rápida de 3.5 mph por 20 minutos. *Elaborado por la División de Nutrición y Salud del Departamento de Agricultura de los Estados Unidos. Guía alimentaria para los Estados Unidos. 2005. Table A: Calorias a quemar en una caminata rápida de 3.5 mph por 20 minutos. *

**Nota:** El tomate de la cantina es basado en el concepto de calorías promedio para una cerveza de 12 oz que contiene 156 mg de sodio y 249 calorías por cerveza. Las cantidades que son más y menos para personas que pesan más y menos que 194 años y menos que 194 años se refieren a personas que pesan más de 194 años y menos que 194 años. Las cantidades se están de acuerdo al número de personas de cada categoría. Todas las cantidades de las cantidades se calculan al siguiente número entero.

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**rethink YOUR DRINK**

Este esquema fue producido por la División de Nutrición y Salud del Departamento de Agricultura de los Estados Unidos con el fondo de SACID de SAC. El esquema es gratuito y se distribuye por los profesionales de nutrición y salud, organizaciones de salud y el sector alimentario. El esquema ofrece información sobre el contenido de azúcar y sodio en bebidas de refresco y permite a los consumidores tomar decisiones informadas sobre su salud. Para obtener más información, visite el sitio web de SACID, o llame al 1-800-6-CACEN. Para información en español, visite www.CiberenREDesCereales.es.
Yoga – Warrior

Build up your strength and flexibility by practicing yoga poses!

1. Stand with your feet wide apart and pointing forward.
2. Turn your right foot out to the side about 90 degrees.
3. Breathe in and raise your arms to shoulder height out to your sides. Your arms will make a straight line across your body.
4. Breathe out, lock over your right hand then bend your right knee to lower yourself into a lunge position.
5. Hold this position for two breaths.
6. Straighten your knees and return to the starting position.
7. Repeat on your left side.

Visit CaChampionsForChange.net for healthy tips.

What You Will Need:
- Yoga mat or towel
- Small area to spread mat or towel
- Comfortable clothing

For better health, adults need 150 minutes of physical activity a week and kids need 60 minutes of active play each day. Turning exercise into play makes the minutes quickly add up! Try simple and fun yoga poses with your kids and you'll have a great time!
Yoga – Guerrero
Se puede hacer al aire libre o bajo techo

Lo que necesitas:
- Una colchoneta de yoga o una toalla
- Un área pequeña para extender la colchoneta o toalla
- Ropa cómoda

Para estar más saludables, los adultos necesitan 150 minutos de actividad física a la semana y los niños necesitan 60 minutos de juego activo cada día. ¡Transformar el ejercicio en juego hace que los minutos se sumen rápidamente! ¡Intenta hacer divertidas y sencillas posturas de yoga con tus niños y la pasarán muy bien!

¡Aumenta tu fuerza y flexibilidad practicando posturas de yoga!

1. Parate con tus pies extendidos, apuntando hacia el frente.
2. Gira tu pie derecho hacia el lado, como a unos 90 grados.
3. Inhalà y levanta los brazos a la altura de tus hombros y hacia los lados. Tus brazos harán una línea recta a lo largo de tu cuerpo.
4. Exhalà, mira hacia tu mano derecha y luego dobla tu rodilla derecha para bajarte a una posición de desplante.
5. Mantén esta posición durante dos respiraciones.
6. Endereza tus rodillas y vuelve a la posición inicial.
7. Repite en tu lado izquierdo.

Visita CampeonesDelCambio.net para obtener consejos saludables.