

# Just Say **Yes** to Fruits and Vegetables

## **Making the Healthy Choice: Beverages**

Do you enjoy putting sugar in your coffee or tea? Do you love soda? If you answered “yes” to either of those questions, you’re not alone. Forty-eight percent of American’s drink soda (or other sugar sweetened beverages) at least once a day--that’s nearly half of the population.

Do you know that sugar sweetened beverages such as soda or coffee can have long term effects on your health? Health concerns such as obesity and deterioration of your teeth may be caused by sugar consumption. Some of the problem stems from people not paying attention when choosing their beverages. It’s important to be aware of what you are consuming! Reading the nutrition fact labels can help us when we are choosing something to cool us down, warm us up, or just keep us hydrated. The new food labels will be required to list added sugars. There are great alternatives to sugar sweetened beverages such as: flavored water or seltzer, unsweetened tea (especially herbal teas), or low-fat milk. Below is my favorite recipe for a healthy beverage for the warm spring days ahead.

### **Strawberry Basil Fruit Infused Water:**

2 Cups Sliced Strawberries  
¼ Cup Fresh Basil Leaves  
Water OR Seltzer  
Ice

Add strawberries and basil to a pitcher.

Gently press mixture with a spoon or potato masher to release juices.

Add ice and water to the pitcher, stir gently.

Serve immediately or save in the fridge, covered, for later.

For more healthy beverage recipes visit [www.jsyfruitveggies.org](http://www.jsyfruitveggies.org)

Why not have **Just Say Yes to Fruits and Vegetables (JSY)** visit your agency? We provide free nutrition education, cooking demonstrations, and produce. Please call the nutrition educator in your county listed below.

**Kristyn Bopp, Nutrition Educator, 518-786-3691 x225** [KristynB@regionalfoodbank.net](mailto:KristynB@regionalfoodbank.net) or

**Denise Schultz, Nutrition Educator, 518-786-3691 x269** [DeniseS@regionalfoodbank.net](mailto:DeniseS@regionalfoodbank.net)

Serving the following counties: Albany, Clinton, Columbia, Delaware, Essex, Franklin, Greene, Fulton, Hamilton, Montgomery, Otsego, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, and Washington counties

**Monica Cieslak, Nutrition Educator, 845-534-5344 x109** or email at [MCieslak@foodbankofhudsonvalley.org](mailto:MCieslak@foodbankofhudsonvalley.org)

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