

# NUTRITION UPDATES



Crista Hawkins, RD, LD  
Vicki Wentzien, MEd  
Oregon Dairy Council  
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## HOW DO THEY WORK TOGETHER?

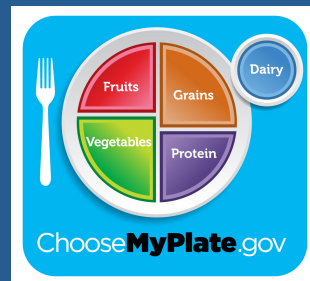
- My Pyramid
- MyPlate
- 2010 Dietary Guidelines for Americans



## Overarching



## Actionable



## 2010 Dietary Guidelines

Take action on the Dietary Guidelines by making changes in these three areas.

Choose steps that work for you and start today.

### Balancing Calories

- Enjoy your food, but eat less
- Avoid oversized portions

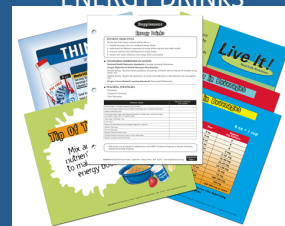
### Foods to Increase

- Make half your plate fruits and vegetables
- Switch to fat-free or low-fat (1%) milk

### Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals-and choose the foods with lower numbers
- Drink water instead of sugary drinks

## Live It! Real-Life Nutrition for Teens ENERGY DRINKS



### Caffeine in Beverages

8 oz = 1 cup

Beverage	Size	Approx mg Caffeine
Water	8 oz	0
Milk	8 oz	0
100% fruit juice	8 oz	0
Chocolate milk	8 oz	4 mg
Decaf coffee	16 oz	5-20 mg
Bottled tea	16 oz	15-40 mg
Cola type soft drinks	12 oz	35-45 mg
Brewed tea	8 oz	35-120 mg
Other caffeinated soft drinks	12 oz	55 mg
Latte, 1 shot espresso	12 oz	75 mg
Brewed coffee	8 oz	100-165 mg
Latte, 2 shots espresso	20 oz	150 mg
Energy drink	16 oz	160-200 mg or more

**NOTE:** The caffeine content of coffee and tea can vary depending on type, roasting, brewing style.

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### Added Sugar in Beverages

8 oz = 1 cup

Beverage	Size	Calories	Teaspoons Added Sugar
Water	16 oz	0	0
Brewed coffee	8 oz	0	0
Decaf coffee	8 oz	0	0
Brewed tea	8 oz	0	0
Fat-free milk	8 oz	90	0
Nonfat latte, 1 shot espresso <sup>a</sup>	12 oz	100	0
100% fruit juice	8 oz	110	0
Nonfat latte, 2 shots espresso <sup>b</sup>	20 oz	170	0
Fat-Free chocolate milk	8 oz	150	3
Bottled tea, sweetened	16 oz	140	8½
Cola type soft drinks	12 oz	140	9½
Other caffeinated soft drinks	12 oz	165	11½
Energy drink	16 oz	235	14½

<sup>a</sup> unsweetened, no flavoring added

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### Tip Of The Day

Mix and match nutrient-rich foods to make your own energy boost.

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## Live It! Real-Life Nutrition for Teens High School Curriculum

# Questions?

Thank you!  
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