Eating and drinking a lot of sugar leads to high blood pressure, high cholesterol, diabetes, and inflammation in the body.

**KIDS: Avoid Sugar**

**Adults: Watch Your Sugar Intake**

<table>
<thead>
<tr>
<th>Drink</th>
<th>Amount</th>
<th>Added Sugar</th>
<th>Added Sugar Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports Drink</td>
<td>20 oz</td>
<td>15 tsp</td>
<td>10 tsp</td>
</tr>
<tr>
<td>Lemonade</td>
<td>16 oz</td>
<td>10 tsp</td>
<td>10 tsp</td>
</tr>
<tr>
<td>Fruit Juice</td>
<td>12 oz</td>
<td>10 tsp</td>
<td>10 tsp</td>
</tr>
<tr>
<td>Soda</td>
<td>12 oz</td>
<td>14 tsp</td>
<td>10 tsp</td>
</tr>
<tr>
<td>Sweet Tea</td>
<td>16 oz</td>
<td>14 tsp</td>
<td>10 tsp</td>
</tr>
</tbody>
</table>

**SUGAR TIPS**

- Keep track of how much sugar your child drinks. Swap sugary drinks for water or infused water.
- Sweeten your child’s drinks naturally, e.g., with stevia or a naturally sweet fruit.
- Avoid sugar in foods and drinks as much as possible.
- Choose water as your main beverage.

**HEALTHY RECIPE**

**Lemonade**

Ingredients:
- 1 cup lemon juice
- 2 cups water
- 1/4 cup honey

Instructions:
1. In a pitcher, mix lemon juice, water, and honey.
2. Stir until honey dissolves.
3. Serve over ice.

**FREE EXERCISE CLASSES**

- **September 2017**
- **Classes**
  - **Sport Drink 20 oz**
  - **Lemonade 16 oz**
  - **Fruit Juice 12 oz**
  - **Soda 12 oz**
  - **Sweet Tea 16 oz**

- **Healthy Recipe**
  - **Lemonade**

- **Role Model**

**YOUR HEALTH MATTERS**

- **September 2017**
- **VOLUME 136**

**HISPANIC HEALTH RESEARCH CENTER**

- **Est. 2003**
- **Source**: American Heart Association
- **Graphics**: Vecteezy
INGREDIENTS:
- 2 medium bananas
- 3 large eggs
- 1/4 cup milk
- 2/3 cup flour, whole wheat
- 1/2 teaspoon baking soda
- 1/4 cup Greek yogurt, plain
- Cooking spray

PREPARATION:
1. Add all ingredients into a blender and blend well
2. Heat a large skillet over medium heat and grease with cooking spray.
3. Pour batter onto skillet to make pancakes of desired size (smaller work better). When the edges begin to brown, carefully flip pancake and cook the other side.
4. Serve warm with fruit, yogurts, peanut butter or other desired condiments.

Screen Time - Rules to Follow

Set a timer
- No more than 1-2 hours a day

Good media
- Check the videos and games they play. (Music, encourages movement, play)

Watch with them
- help them apply what they are seeing to real life

Too much screen time has been linked to:
- Obesity
- Trouble sleeping
- Violence
- Loss of social skills
- Behavior problems

How to make healthy eating patterns for your kids

Bake, broil, roast or grill meats instead of frying them
Use small portions
Eat meals at the table together
Have fruits and vegetables easily accessible at home
Be active as a family (walk, bike, swim or hike together)

SOURCE:
Santa Estrella, teacher at Brownsville Early College High School, encourages her students to be physically active each day, beyond their regular activities in P.E. class. She believes physical activity helps students be more attentive and focused in the classroom.

“I always tell my students to be physically active, exercise and eat healthy,” Ms. Estrella said. “I’ve even asked them to take their parents to do exercise with them. Parents also need to be involved.”

Ms. Estrella enrolled students in the Make Your Move Experience, which challenges participants to keep track of their miles in walking, running and cycling to earn a prize for their school.

“I asked the students to be attentive to all the exercise they do every day,” Ms. Estrella said. “A lot of times, they’re not aware of their daily activity. It encourages them to know.”

For more information about Make Your Move Experience, please visit www.facebook.com/mymergv

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