



Nutrition News

April 2026

SIP SMARTER!

Many Americans get nearly half of their daily calories from drinks that are high in added sugar.

These drinks increase calorie intake without providing the healthy nutrients our bodies need.

Health organizations have found that regularly drinking sugary beverages can increase the risk of weight gain, type 2 diabetes, heart disease, and dental problems.



Reducing sugary drinks is a simple step that can support better health, more energy, and healthier aging.

CHERRY APPLE JUICE FIZZ

2 CUPS APPLE CHERRY JUICE
1 CUPS SELTZER WATER OR CLUB SODA
HALF A LIME OR 1 TBSP LIME JUICE
(OPTIONAL)

COMBINE JUICE AND SELTZER OR CLUB SODA IN A SMALL CONTAINER.
IF USING, ADD LIME AND STIR.
CHILL AND SERVE. 4 SERVINGS.

LOWER SUGAR OPTIONS

WATER
WATER FLAVORED WITH MINT OR FRUIT
UNSWEETENED ICED OR HOT TEA
FLAVORED SELTZER WATERS (<3 GRAMS
OF SUGAR)
COFFEE WITH LOW FAT MILK, SUGAR FREE
CREAMER, OR HALF AND HALF
100% FRUIT JUICE
ZERO SUGAR SODA

EASY CHICKEN SPAGHETTI

Prep: 15 min Cook: 30 min

Servings:8

Recipe by:

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Ingredients:

- ½ pound dry spaghetti, broken in half
- 1 can chicken, drained
- 10.5 ounce can cream of chicken soup, low sodium
- ¼ cup yellow onion, chopped
- ¼ cup green pepper, chopped
- ¼ cup canned corn, drained
- 8 ounces chicken broth, low sodium
- ½ cup shredded cheese
- 1 tsp garlic powder or ½ tbsp minced garlic
- salt and pepper

Directions:

1. Using a large pot, cook the spaghetti according to package directions to preferred doneness. Drain.
2. Turn off the heat and return spaghetti to pot then add chicken, soup, vegetables, chicken broth, garlic, and salt & pepper.
3. Mix together. (if mixture is dry, add ½ cup hot water).
4. Top mixture with cheese and cover while cheese melts.

Dietitian notes:

Use any vegetables you have on hand with or instead of green pepper. Frozen carrots, canned corn, chopped broccoli, or green beans would be nutritious and colorful additions to this dish.