

Water or Sports Drink

Sports drinks are just that – to be ingested during sporting events. These drinks offer little more than extra calories, sugar and sodium to your diet. Water is the fluid of choice for events lasting less than 60 to 90 minutes.

2 to 3 hours before the event:	Drink 2 cups of water (16 ounces)
1 hour before the event:	Drink 1 cup of water (8 ounces)
15 minutes before the event:	Drink ½ cup of water (4 ounces)
Immediately before competition:	Take your weight.
Every 10 to 20 minutes during the event;	Drink ½ cup water (4 ounces)
Events longer than 60 to 90 minutes:	Drink ½ cup of a sports drink every 10 to 20 minutes
Immediately post event:	Weight yourself again.
For every pound of weight loss:	Drink 3 cups (24 ounces) for every pound of weight loss.

- Note: Adjustments need to be made when playing in particularly hot weather.
- If urine is plentiful and light yellow rather than dark chances are you are getting enough fluid.
- Drinking too much fluid does not usually lead to over-hydration. The risk of over-hydration occurs more typically in individuals who have been sweating profusely from several hours or days of exertion, as in a marathon or, in individuals with disorders of the pituitary gland, heart, liver, or kidneys where the kidneys do not excrete urine normally. It is possible to drink too much fluid and induce hyponatremia (low sodium in the blood); however, this would require an individual to consistently drink more than two gallons of water on a daily basis.
- For every 2.2 pounds of water lost:
 - heart rate increases 8 beats per minute
 - core temperature rises from 98.6 to 99.14 Fahrenheit
 - athletic performance will decline with a 1% body fluid loss

Day Long Tournament

Optimizing energy during day long sporting events requires serious energy. Below are suggested menus. You can substitute 2 medium size rolls for 1 ½ cups rice or pasta; 3 ounces of lean meat for one whole egg and 3 egg whites; one ounce of cereal for ½ medium bagel.

Timing	Girls ages 7 to 13	Girls ages 13 +
3 to 4 hours pre-game*	3 ounces of lean meat; 2 rolls; 8 ounces of skim milk; salad with 1 tbsp oil dressing; 1 ½ cups of fruit; 8 to 16 ounces of water	3 ounces of lean meat; 2 rolls; 8 ounces of skim milk; salad with 1 tbsp oil dressing; 1 ½ cups of fruit; 8 to 16 ounces of water
2 to 3 hours pre-game	2 ounces lean meat; 1 ½ cups of pasta, ½ cup marinara sauce, ¾ cup veggies; 1 cup fruit with 1 cup yogurt	2 ounces lean meat; 1 ½ cups of pasta, ½ cup marinara sauce, ¾ cup veggies; 1 cup fruit with 1 cup yogurt
1 to 2 hours pre-game	2 slices whole wheat bread; 1 ounce lean meat; ½ cup fruit; 8 to 16 ounces of water	2 slices whole wheat bread; 1 ounce lean meat; ½ cup fruit; 8 to 16 ounces of water
45 minutes pre-game	Medium whole wheat bagel; ½ banana; 8 to 12 ounces of water	Medium whole wheat bagel; ½ banana; 8 to 12 ounces of water
Event lasting longer than 90 minutes	120 to 150 calorie sports drink every hour after first 90 minutes	200 to 250 calories sports drink every hour after first 90 minutes
Within 30 minutes post-game snack	One ounce of cereal with ½ cup low fat milk and ¼ cup dried fruit; or 2 pieces of fruit	One and 1/2 ounces of cereal with ½ cup low fat milk and ¼ cup dried fruit; or 2 pieces of fruit
1 to 2 hours post-game meal	Same as 2 to 3 hours pre-game	Same as 2 to 3 hours pre-game

* Breakfast choice: 1 whole egg; 3 egg whites; 3 pancakes (size of CD); pat butter; 1 ½ cups of fruit; 8 to 10 ounces of water.

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Timing	Boys ages 7 to 13	Boys ages 13 +
3 to 4 hours pre-game*	Two sandwiches with 2 ounces of lean meat each; 2 tbsp low-fat mayo; 8 ounces of skim milk; 1 ½ cups of fruit; 8 to 16 ounces of water	Two sandwiches with 2 ounces of lean meat each; 2 tbsp low-fat mayo; 8 ounces of skim milk; 1 ½ cups of fruit; 8 to 16 ounces of water
2 to 3 hours pre-game	2 ounces lean meat; 1 ½ cups of pasta, ½ cup marinara sauce, ¾ cup veggies; 1 cup fruit with 1 cup yogurt; 8 to 16 ounces of water	2 ounces lean meat; 2 cups of pasta, 1 cup marinara sauce, ¾ cup veggies; 1 cup fruit with 1 cup yogurt; 8 to 16 ounces of water
1 to 2 hours pre-game	2 slices whole wheat bread; 1 ounce lean meat; ½ cup fruit; 8 to 16 ounces of water	2 slices whole wheat bread; 1 ounce lean meat; ½ cup fruit; 8 to 16 ounces of water
45 minutes pre-game	Medium whole wheat bagel; ½ banana; 8 to 12 ounces of water	Medium whole wheat bagel; ½ banana; 8 to 12 ounces of water
Event lasting longer than 90 minutes	120 to 150 calorie sports drink every hour after first 90 minutes	200 to 250 calories sports drink every hour after first 90 minutes
Within 30 minutes post-game snack	One ounce of cereal with ½ cup low fat milk and ¼ cup dried fruit; or 2 pieces of fruit; 8 to 16 ounces of water	Two ounces of cereal with ½ cup low fat milk and ¼ cup dried fruit; or 2 pieces of fruit; 8 to 16 ounces of water
1 to 2 hours post-game meal	Same as 2 to 3 hours pre-game	Same as 2 to 3 hours pre-game

* Breakfast choice: 1 whole egg; 3 egg whites; 6 pancakes (size of compact disk); pat butter; 1 ½ cups of fruit; 8 to 10 ounces of water.

Game Day Tips

- Avoid high sugar foods which can cause a sharp rise in blood glucose, a rush and then a serious “crash” in energy.
- Avoid new foods on game day and also avoid high fiber foods, especially if you are not use to them (beans, dried fruit, etc.).
- Meals eaten closest to game time should be the lightest meal of the day.
- Always allow adequate time for food to digest.
- Keep fat and protein to a minimum close to game time because it takes the body longer to digest both fat and protein.
- If you tend to have a “nervous stomach” consider a liquid meal (see Liquid Meals).
- Avoid carbonated beverages and caffeine which work as a diuretic, causing the body to lose water and increasing the chances of dehydration.

Liquid Meals

These liquid meals are great for breakfast or snacks on the go!

- Fruit Shake: fruit from ½ medium size melon, 1 tablespoon lemon juice; 1 tablespoon honey; 3.4 cup low-fat vanilla frozen yogurt. Blend until mixture is smooth.
- Multi-fruit Shake: 2 tablespoons cold water; 2 peaches or nectarines (chopped); ½ cup of berries and ¾ cup of a different berry; 1/3 cup instant nonfat dry milk power; 1 cup ice cubes. Blend water and fruit; add dry milk powder and ice cubes; blend until frothy.
- Orange shake: 6 ounces of frozen orange juice concentrate, 8 ounces low-fat or non-fat plain yogurt; 1 teaspoon vanilla extract; 2 ½ cups low-fat milk. Blend all ingredients until smooth.
- Strawberry Banana Shake: 3 cups low-fat milk, 1 teaspoon vanilla, 1 banana, 1 cup strawberries. Blend until smooth.

Breakfast

Ready to Go!

Chances are if you need to eat breakfast on the go, you're not going to meet the minimum requirements for a healthy breakfast. These recipes can be made in advance and frozen. They will provide you with lots of quick and healthy breakfast (and snack) choices.

Dr. Jane's Famous Strawberry Muffins

Recipe: 2¹/₃ cups all-purpose flour; ³/₄cup granulated sugar; ¹/₄ cup firmly packed light brown sugar; 2¹/₂ teaspoons baking powder; ¹/₈ teaspoon salt; 1 cup fresh or thawed frozen strawberries, chopped; 1 cup skim milk and add a package of powdered milk (1 quart); ¹/₃ cup non-fat vanilla yogurt; 3 egg whites, lightly beaten; 1teaspoon vanilla extract. Preheat oven to 400° F. Spray a 12-cup muffin pan with vegetable cooking spray. Set aside. In a medium bowl, combine flour, granulated sugar, brown sugar, baking powder, and salt. Mix well. Stir in strawberries. In a small bowl, combine milk, yogurt, egg, and vanilla. Mix well and add to dry ingredients. Stir until just combined; do not over mix. Fill each muffin cup about two-thirds full. Bake until tops are firm and golden, about 20 minutes. Let cool 5 minutes; remove muffins from pan and cool completely. Makes 12 muffins. You can freeze muffins for up to 1 month. Cool completely after baking then tightly foil-wrap muffins individually.

Streusel Coffee Cake

This coffee cake is just the thing for weekday breakfasts or afternoon snacks. Nonfat sour cream gives the taste of richness without all the fat; indulge your sweet tooth with a touch of cinnamon. For a twist, add thin slices of fruit over the batter before adding the topping. Makes 10 slices.

Recipe: 2¹/₄ cups all-purpose flour; ¹/₂ cup granulated sugar; 1 tablespoon baking powder; 1 teaspoon ground cinnamon; 6 egg whites; ¹/₂ cup nonfat sour cream; ¹/₂ cup skim milk; 1 tablespoon canola oil. Preheat oven to 375° F. Spray an 8-inch spring form pan with vegetable cooking spray and set aside. Prepare topping in a small bowl. Combine dry ingredients. Using a pastry blender or 2 knives, cut in margarine until coarse crumbs form. Set aside. Prepare cake using a medium bowl. Combine dry ingredients; mix well. In a large bowl, whisk egg whites, sour cream, milk and oil. Add flour mixture; stir until just combined. Spoon batter into prepared pan. Sprinkle topping over batter. Bake until a toothpick inserted in center comes out clean, about 40 minutes. Place pan on a wire rack; cool for 10 minutes. Remove side of pan; cool cake completely.

Real Energy Bars.

Here's a high energy bar you can make yourself without all the added sugar. A great choice for either a quick breakfast on the go or a healthy, carbo-loaded snack! Makes 6 bars.

Recipe: one 20 ounce can unsweetened crushed pineapple; 1 cup mixed dried fruit pieces; 2 cups oats, quick or regular; ¹/₄ teaspoon salt (optional); nonstick cooking spray. In a food processor with a cutting blade, purée the fruits together. Mix oats and salt in a large bowl. Add the blended fruits; mix well. Spray a 9-inch square baking pan with nonstick spray. Add oat and fruit mixture to pan and press in evenly. Bake at 250° F for approximately 2¹/₂ hours. Cut into bars after one hour in the oven. Continue baking until firm. Cool and wrap into individual servings. Store in refrigerator or freezer. For variation in flavor, use two cups of any fresh or canned fruit and one cup of any dried fruit. Baking time may vary depending on the type of fruit you use.

Recipes taken from Dr. Pentz's book "If You Don't Take Care of Your Body Where Are You Going to Live?"

Breakfast *on the Go!*

Here are some other healthy choices when you are in a pinch for breakfast

- Natural peanut butter on whole wheat bread or bagel, glass of low-fat milk and fruit
- Cereal (high fiber, low sugar is better) in a baggie, nuts, fruit and milk
- Assortment of nuts and dried fruit, hard boiled eggs (only one yolk), and milk
- Egg sandwich (only one yolk) on whole grain bread or bagel, fruit and milk
- Leftovers from dinner (some athletes love this for breakfast) such as a chicken sandwich with fruit
- Make one of the "Liquid Meals" the night before and you can drink it on the run

Eating on The Run

NOT SO GOOD	CALORIES	BETTER CHOICE	CALORIES
MCDONALDS		MCDONALDS	
Quarter Pounder with Cheese	530	Chicken McGrill (no mayo)	340
Large French Fries	540	Fruit 'n' Yogurt Parfait	380
Big Mac	570	Chicken Caesar Salad ¹	130
Spanish Omelet Bagel	690	Low Fat Apple Bran Muffin	300
BURGER KING		BURGER KING	
Whopper with Cheese	780	BK Veggie Burger	330
Double Whopper with Cheese	1020	BK Chicken Whopper Jr. ²	310
Onion Rings/King Size	530	Chicken Garden Salad	230
WENDY'S		WENDY'S	
Classic Single	410	Mandarin Chicken Salad	150
Great Biggie Fries	530	Sour Cream Baked Potato	370
PIZZA HUT		PIZZA HUT	
2 slices Ultimate Meat Lovers	1160	2 slices Veggie Lovers (thin crust)	400
2 slices Full House Pepperoni	580	2 slices Low Fat Ham/Pineapple	300
2 slices House Chicken Supreme	540	2 slices Low Fat Chicken/Pepper	280
6" Meat Lovers	740		

Other Suggestions:

1. With salads order low fat dressing on the side
2. With sandwiches order low-fat mayo
3. Order grilled rather than fried
4. Order a baked potato instead of fries
5. Order 1% milk or skim milk

What's in Your "Home"!

Since the food in your home is the food you will eat, make sure that foods are healthy and always available. Save the junk food for when you are away from home. Below is a list of foods that every athlete should have in their home.

Cabinets	Refrigerator/Freezer
Mixture of different types of nuts	Milk (low fat is better)
Popcorn (pop it yourself or low fat microwave)	Yogurt (low fat and low sugar is better)
Pasta (whole grain is better)	Natural peanut butter
Rice (brown rice is better)	Jam/Jelly
Crackers (whole grain is better)	Several types of fruit
Whole wheat flour (for making those great breakfasts on the go)	Several types of vegetables (peppers, tomatoes, cucumbers, broccoli, etc.)
Brown sugar	Salad (lots of different greens)
Pretzels	Salad dressing
Honey/Maple syrup	Olive oil (Canola and Safflower oil are also good)
Pancake Mix (make lots and freeze the extra)	Lean meats
Beans (baked, black, pinto, etc.)	Fish
Tuna (packed in water)	Whole wheat bread/Bagels/English muffins
Spices	Mustard
Dried Fruit	Low-fat mayonnaise
Cereal (High fiber and low sugar is better)	Salsa
	Low-fat cheese (cottage cheese is better)

Understanding Labels

Don't be fooled when it comes to food labels. The goal of every food-industry association is "to maintain the status quo, to delay, to fight, to lobby, and to obscure the facts so manufacturers can reposition their products to compete for consumer demand". Here are a few things you need to know.

Whole Grain:

- "Made with whole grain" means a product may contain either a little or a lot of whole grain; a specified amount is not required.
 - "An excellent source of whole grain" means a product must contain at least 16 grams per serving or approximately nearly half of what most serving sizes are (30 to 55 grams).
 - "A good source of whole grain" means there can be as little as 8 grams per serving. Is this truly a good source when the product may be less than 25% whole grain?
 - "Multigrain" is a mixture of grains that can be mostly refined with minimal nutritional value.
- The recommendations:** Eat at least 3 ounces of whole grain bread, cereal, crackers, rice, or pasta every day. Look for "whole" before the grain name in the list of ingredients. A one ounce serving includes: 1 slice of bread, ½ cup cooked brown rice, ½ cup cooked whole grain pasta.
Visit http://www.mypyramid.gov/pyramid/grains_counts.html# for more details.

Fat Free / Calorie free:

- If a serving size contains less than 5 calories per serving it can be called "calorie free."
 - If a serving size contains 1/2 gram of fat or less the product can be called "non-fat."
 - A can of Pam Cooking Spray, that claims a 1/3-of-a-second spray contains no calories or fat, actually contains 1638 calories and is 100% fat. Promise Ultra Fat-Free is 100% fat.
 - This same regulation holds true for "trans-fats." Many new products are not truly free of trans-fats.
- The recommendations:** Use these types of products "sparingly". Try to eliminate all trans-fats from your diet. If a product indicates fat-free or no trans-fats check the portion size.

Fat content in meat and dairy products:

- The meat and dairy industry label fat content by volume and weight – not by calories
 - Milk labeled 1% fat is 18% fat by calories; milk labeled 2% fat is 35% fat by calories; whole milk is almost 50% fat by calories. Lean beef labeled 93% lean is 45% fat by calories; 97% lean meat is 18% fat by calories
- The recommendations:** Try to choose the lower fat products.

Net Carbs:

- "Net carbs" is a term concocted by the food industry and has no scientific meaning. That's right – totally made up. The government (FDA) only regulates information on the nutrition facts panel. The FDA can only force food manufacturers to remove terms from labels if proven to be harmful.
- The Recommendations:** Ignore "net carbs" on labels. Look at the nutrition facts panel to see how many grams of fiber and sugar the product contains. Remember – the more real the food the better.

Free range:

- Free range" requirements are regulated by the USDA and applies only to chickens.
 - The use of "free range" on beef is unregulated and there is no standard definition for this term.
 - "Free range" requires that chickens be given access to the outdoors but what is defined is the length of time per day. In other words, five minutes a day of open-air access could be adequate for manufacturers to use the "free range" claim on a poultry product. The term "free range" used on eggs is not regulated.
- The Recommendations:** Don't be fooled by these meaningless terms. Visit www.eco-labels.org from Consumers Union Guide for more details.

Organic

- "Organic" must contain at least 95% organically produced ingredients.
 - A "made with organic" label means a product must contain at least 70% organic ingredients.
 - Products that contain fewer than 70% organic ingredients cannot bear the USDA Organic seal or display the word "organic" on the front of the package. However there are exceptions to these rules.
 - Farms and handling operations that sell less than \$5000 a year are exempt from certification .
- The Recommendations:** Organic is great if you can afford it. Organic products are more earth friendly, but they are more expensive and not necessarily healthier. Be sure to wash all fruits and vegetables – even if organic – since pesticides are in the air.

SUPERMARKET

CHALLENGE

Can you do your own grocery shopping? Do you know what to look for when making healthy choices at the supermarket? If you are a serious athlete and want to optimize your performance you should be able to answer all of the questions below.

Where will you find specialty items?

Specialty items are placed at the entrance because consumers are likely to spend more money at the beginning of their shopping trip. End-of-isle displays are considered prime selling locations because consumers pass by them more frequently so don't assume they are always sales items.

Where will you find your favorite sugary cereal?

Sugar cereals are placed lower on shelves so kids can see them. Products are not placed alphabetically on shelves for a reason. Having to scan all the different varieties increases the likelihood of impulse buying.

Where in the grocery store will you find the healthiest choices?

The healthier foods are in the outside isles of almost all super markets – fruits, vegetables, dairy, breads, etc. The inside isles contain your less healthy foods such as chips, candy, carbonated beverages.

What types of fats DO YOU NOT want to see in a product?

You don't want to buy foods that contain coconut oil or palm kernel oil. You want to stay away from products that contain hydrogenated or partially hydrogenated oils which contain trans-fats. Don't be fooled by products that claim to have "no trans-fats". If the list of ingredients contains hydrogenated oils the product contains trans-fats.

What types of fats you DO YOU WANT to see in a product?

Monounsaturated fats are found in vegetable oils such as olive oil, peanut oil and canola oil. This type of fat lowers total blood cholesterol by lowering LDL cholesterol without lowering HDL cholesterol. **Omega-3 fats:** Some types of fish contain unique polyunsaturated fats called Omega-3 fatty acids. These fatty acids seem to make blood platelets less likely to clot, thus decreasing risk of artery blockage and heart attacks. Fish with high amounts of Omega-3 include salmon, albacore, tuna, mackerel, sardines, herring and rainbow trout. **Polyunsaturated Fats:** Polyunsaturated fats are found in vegetable oils such as corn oil, safflower oil, soybean oil, and sunflower oil. Polyunsaturated fats are also present in fish and fish oils. Polyunsaturated fats lower LDL cholesterol and total cholesterol.

How much fiber should you look for before you buy a product?

If a food contains at least 5 grams of dietary fiber per serving, it can be called a "good source of dietary fiber". If a food contains at least 8 grams of dietary fiber per serving, it can be called an "excellent source of dietary fiber". Look for bread that contains at least 3 grams of fiber per serving; cereals should contain a minimum of 5 grams of fiber per serving. Beans and legumes naturally contain lots of fiber. Don't be fooled by products that do not contain fiber naturally. Words such as maltodextrin, cellulose and polydextrose indicate added fiber that does not naturally occur in the food.

What should you look for in the list of ingredients in a product?

Food labels must include the ingredients that are in the food. The ingredients are listed according to how much of the ingredient a food contains. Read serving size information. What looks like a small package of food can actually contain more than one serving. Typically, the shorter the list of ingredients the more healthy the food. For example, peanut butter that contains only peanuts is a healthier choice than a peanut butter that has a long list of ingredients.

Should you buy only organic foods?

Organic is great if you can afford it. Organic products are more earth friendly, but are also more expensive and not necessarily healthier. Be sure to wash all fruits and vegetables – even if organic – since pesticides are in the air.

Reading Labels

Read this first.

The first place to start when looking at a Nutrition Facts label is the serving size and the number of servings in the package. The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label. Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I consuming"? (e.g., 1/2 serving, 1 serving, etc).

Limit these.

Eating too much fat, saturated fat, *trans*-fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure. Important: Health experts recommend that you keep your intake of saturated fat, *trans* fat and cholesterol as low as possible as part of a nutritionally balanced diet.

Get enough of these.

Most Americans don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions. For example, getting enough calcium may reduce the risk of osteoporosis, a condition that results in brittle bones as one ages. Eating a diet high in dietary fiber promotes healthy bowel function. Additionally, a diet rich in fruits, vegetables, and grain products that contain dietary fiber, and low in saturated fat and cholesterol may reduce the risk of heart disease.

Sugars: A daily reference value has not been established for sugars because no recommendations have been made for the total amount to eat in a day. Keep in mind, sugars listed on the Nutrition Facts label include naturally occurring sugars (like those in fruit and milk) as well as those added to a food or drink. Check the ingredient list for specifics on added sugars.

Take a look at the Nutrition Facts label for the two yogurt examples. The plain yogurt on the left has 10g of sugars, while the fruit yogurt on the right has 44g of sugars in one serving. Now look below at the ingredient lists for the two yogurts. Ingredients are listed in descending order of weight (from most to least). Note that no added sugars or sweeteners are in the list of ingredients for the plain yogurt, yet 10g of sugars were listed on the Nutrition Facts label. This is because there are no added sugars in plain yogurt, only naturally occurring sugars (lactose in the milk).

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%

Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Plain Yogurt - contains no added sugars

Nutrition Facts	
Serving Size 1 container (227g)	
Amount Per Serving	
Calories 240 Calories from Fat 25	
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 140mg	6%
Total Carbohydrate 46g	15%
Dietary Fiber Less than 1g	3%
Sugars 44g	
Protein 9g	
Vitamin A 2% • Vitamin C 4%	
Calcium 35% • Iron 0%	

INGREDIENTS: CULTURED PASTEURIZED GRADE A NONFAT MILK, WHEY PROTEIN CONCENTRATE, PECTIN, CARRAGEENAN.

Fruit Yogurt - contains added sugars

Nutrition Facts	
Serving Size 1 container (226g)	
Amount Per Serving	
Calories 110 Calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Less than 5mg	1%
Sodium 160mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 10g	
Protein 13g	
Vitamin A 0% • Vitamin C 4%	
Calcium 45% • Iron 0%	

INGREDIENTS: CULTURED GRADE A REDUCED FAT MILK, APPLES, HIGH FRUCTOSE CORN SYRUP, CINNAMON, NUTMEG, NATURAL FLAVORS, AND PECTIN. CONTAINS ACTIVE YOGURT AND L. ACIDOPHILUS CULTURES.