

Rethink Your Drink

Choosing healthy beverages is a great first step to an overall healthy diet. Drinking sweetened beverages may lead to weight gain, overweight, obesity, and type 2 diabetes. Eat your calories rather than drink your calories.



Water: The perfect drink

Drinking water is the best strategy to rethink your drink. Water is the perfect beverage—water is calorie-free, sugar-free, fat-free, and almost free (when it's from the tap). And it's what your body needs. Water is the best choice to rehydrate during and after physical activity. Make water your thirst quencher of choice.

Rethink your drink: Drink water

- Serve water with meals.
- Keep water on hand at work, in school, at home, and in the car.
- Carry a water bottle and refill it often.
- Add a slice of lemon, lime or orange to jazz up your water.
- Keep a pitcher of water with fruit slices in your refrigerator.

What's in a can of soda?

One can (12 ounces) of regular soda has about 150 calories and 40 grams of sugar. That's about 10 teaspoons of sugar. Drinking one can of soda every day, without burning it off through physical activity, will lead to 54,750 extra calories or about 15 pounds of weight gain in one year.



A Day of Beverages: Making Better Choices

How many calories do we consume in one day? We usually think about the calories we eat in food, and not about the calories we drink. Sweetened beverages have a lot of calories and added sugar, like cane sugar, corn syrup, sucrose, fructose, honey and other sugars. Check out these two days of beverage choices, and see the calories drop from 1,370 to 370!



You could save 1,000 calories in a day by choosing unsweetened and lower fat beverages.



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