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# Rethink Your Drink

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Choosing healthy beverages is a great first step to an overall healthy diet. Americans are drinking more soda and other sweetened beverages than ever. Many drinks now come in larger cups and cans, containing more than one 8-ounce serving. Drinking sweetened beverages may lead to weight gain, overweight, obesity, and type 2 diabetes. **Eat your calories rather than drink your calories.**

## How much fluid do you need?

Children need from 4 to 11 cups of total water a day. Adults need from 9 to 13 cups of total water a day. The amount depends on your age, gender, level of physical activity, altitude and climate. During hot weather, you will need more fluids, but don't go by thirst alone. To prevent dehydration, drink plenty of water throughout the day, even before going outdoors. One way to tell if you are drinking enough fluids is to check the color of your urine. Your urine should be light yellow in color. If it is a dark color, you need to drink more.

## 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 with you 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 is about 10 packets 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.

**Sports drinks** are for athletes who participate in high-intensity, aerobic activity for at least 90 minutes. Most adults and kids are not this active. The added sugar and sodium in sports drinks are unnecessary. Water is the best thirst quencher.

## What about juice drinks?

Fruit drinks include POG (passion-orange-guava drink), guava drinks, orangeades, and fruit punch. Some might have a little fruit juice, but most just have added sugars, flavorings, and color. 100% fruit juices are made from real fruits, which also have sugar. All juice drinks, including 100% fruit juice, have lots of sugar and calories. A better choice is to serve water and actual fruits instead.



## Instead of Soda and Sweetened Beverages...

Instead of...	Try...
Regular Soda	<b>Rethink Your Drink:</b> Drink water <b>Shrinking your cup.</b> If you're drinking regular soda, then reduce the size of your cup.
Flavored Coffees	<b>Swapping</b> sugar-free or unflavored coffees. Order sugar-free syrups instead. <b>Shrinking your drink.</b> Ask for fewer flavored pumps or shots in your drink.
Flavored Waters	<b>Sneaking In</b> water. Flavored bottle waters usually contain sugar, fructose, or corn syrup. Make your own flavored water by placing a few slices of fruit in a glass with plain water and ice. You will sneak in some vitamins and minerals, while losing the added calories and sugar.
Sports Drinks	<b>Swapping</b> for milk. Research has shown that milk may be more effective for exercise recuperation than sports drinks.
Punches	<b>Swapping</b> for juice. Grab a pouch or box labeled "100% juice" (not "fruit flavored" or "fruit drink"). The kids won't taste the difference.

## What to order?

Coffee drinks and blended fruit smoothies sound yummy, but pack more calories than you imagine. Check the in-store or online nutrition information of your favorite coffee or smoothie shop to find out how many calories are in their menu items. Here are some helpful hints for healthier beverages.

### At the coffee shop:

- Request that your drink be made with fat-free or low-fat milk instead of whole milk
- Order the smallest size available.
- Forgo the extra flavoring. The flavored syrups used in coffee shops, such as vanilla or hazelnut, are sweetened with sugar and will add calories to your drink.
- Skip the whip. The whipped cream on top of coffee drinks adds calories and fat.
- Get back to basics. Order a plain cup of coffee with fat-free milk or drink it black.
- Many coffee shops offer a good variety of teas, including green tea, which can offer a nice taste and still be a healthy choice.

### At the smoothie stand:

- Order a child's size if available.
- Ask to see the nutrition information for each type of smoothie, and pick the smoothie with the fewest calories.
- Hold the sugar. Many smoothies contain added sugar in addition to the sugar naturally in fruit, juice, or yogurt. Ask that your smoothie be prepared without added sugar: the fruit is naturally sweet.

### A word of advice:

Children should eat nutrient-dense foods, which provide substantial amounts of vitamins and minerals and relatively few calories. Nutrient-dense foods are lower in fat and without added sugars. Foods and beverages with artificial sweeteners should be consumed in limited amounts.

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## 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 don't think about the calories we drink. Sweetened beverages such as soda, fruit drinks and punch, sweetened iced tea, sports drinks, and energy drinks contain a lot of added sugar and calories. The added sugars can be cane sugar, corn syrup, sucrose, fructose, honey and other sugars.

Make simple changes in the beverages you choose. Check out these two different days of beverage choices, and see the calories drop from 1,370 to only 370. That's 1,000 fewer calories in one day!

