

RE-THINK YOUR DRINK!

Tips to Re-think your Drink

Beverage choices can make a large impact on daily calories. Make smart choices.

- Choose water or low fat milk instead of sugar-sweetened beverages.
- For a quick and easy thirst-quencher, carry a water bottle with you.
- Stock the fridge with bottled or a jug of water instead of sugar-added drinks.
- Serve water with meals
- Add slices of lemon, lime, cucumber, or watermelon to plain or sparkling water.
- Add a splash of 100% juice to plain or sparkling water.
- When choosing sugar-added drinks, go for the small size. 8-oz. cans and bottles of soda contain about 100 calories.
- Help children learn to enjoy water as the thirst quencher of choice.
- Make soft drinks an “infrequent” beverage to be enjoyed in moderation. Remember soft drinks include fruitades, fruit drinks, lemonade, energy drinks, sweet tea, and sports drinks.
- Be a role model for your friends and family by choosing healthy beverages.

Americans are drinking more soft drinks than ever. Choosing a healthy beverage is a great first step to a healthy diet. Per capita soft-drink consumption has increased almost 500 percent over the past 50 years. There is enough regular soda produced to supply every American with more than 14 ounces of soda every day. One reason for the steady rise in soft drink consumption is larger portion sizes; fountain drinks can range in size from 22 to 64 ounces. Children start drinking soda at a remarkably young age, and consumption increases through young adulthood.



Drinking water is the No. 1 strategy to re-think your drink. It is the perfect beverage – it is calorie-free, sugar-free, fat-free, and almost free (if you drink tap water).

CHALLENGE:

Create a self or family goal to re-think your drink.

Write it down and place it somewhere highly visible!



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Milk contains vitamins and other nutrients that contribute to good health. Choosing low-fat or fat-free milk is a good way to reduce your calorie intake and still get the nutrients that milk contains.

Type of Milk	Calories per cup (8 ounces)
Chocolate milk (whole)	208
Chocolate milk (2% reduced-fat)	190
Chocolate milk (1% low-fat)	158
Whole Milk (unflavored)	150
2% reduced-fat milk (unflavored)	120
1% low-fat milk (unflavored)	105
Fat-free milk (unflavored)	90



Learn To Read Nutrition Facts Labels Carefully

Nutrition labels may give the calories for only part of the contents. A 20-oz. bottle lists the number of calories in an 8-oz. serving (e.g. 100 calories) even though the bottle contains 20 oz. or 2.5 servings. To determine total calories, multiply the number of calories in one serving by the number of servings in the bottle (e.g. 100 calories x 2.5 servings = 250 calories). Take home message: look closely at the serving sizes when comparing the calorie content of beverages.

Beverage	Calories in 12 ounces	Calories in 20 ounces
100% apple juice	192	300
100% orange juice	168	280
Fruit punch	192	320
Lemonade	168	280
Regular lemon/lime soda	148	247
Regular cola	136	227
Sweetened lemon iced tea (bottled, not homemade)	135	225
Tonic water	124	207
Regular ginger ale	124	207
Sports drink	99	165
Fitness water	18	36
Unsweetened iced tea	2	3
Diet soda	0*	0*
Carbonated water (unsweetened)	0	0
Water	0	0

*the jury is still out on the long term health affects of replacing sugar with artificial sweeteners