

week 3 itinerary:

# DRINK N HEALTHY BEVERAGES!



## Drink more water!

Another way to improve your diet, get healthy, and begin to lose weight is by drinking more water! In fact, an ideal diet would contain minimal beverages other than water. The recommended daily water intake varies for individuals depending on age, gender, metabolism, diet, activity level and outside environment. In general, everyone should aim to drink a minimum of 2-6 cups of plain water per day and the major portion of your total fluid intake should come from water.

Increasing the amount of water you drink may also help you lose weight by decreasing your intake of other beverages that contain excess sugar and calories. Sweetened beverages provide one-fifth of all calories in the average American's diet and portion sizes (and therefore calories) of beverages have dramatically increased in the last several years. Most of us trying to lose weight and get healthy would be better served by getting fewer calories from beverages.



**STATISTIC:** All Americans should aim to drink primarily water for daily beverages!

**GOAL:** To improve health and fitness by drinking water, eating more fruits and vegetables and increasing daily steps.

**OBJECTIVE:** Record water intake, fruits and vegetables eaten and steps accumulated each day.

This week's raffle prize is:

**RAFFLE TICKET OPPORTUNITIES:**

do these and receive one ticket for each

- [1] Record water intake each day
- [2] Record fruits & vegetables eaten every day
- [3] Record steps every day
- [4] Attend scheduled N-ergy activities

# What are you drink N?

On the list below, circle the beverages that you drink on a regular basis. If the majority of beverages you circled were on the left side of the page, begin to replace them with the beverages on the right side of the page, particularly water.

Regular Soda	Ginger Ale	Tonic Water
Fruit Juice	Snapple	Smoothies
Gatorade	Powerade	Fruit punch
Whole Milk	2% Milk	Soy Milk
Sweetened Tea	Café Mocha	Café Latte

Water	Diet Soda	Club Soda
Light Juices	Diet Snapple	Fruit20
Propel	Fitness Water	Crystal Light
Fat Free Milk	1% Milk	Light Soy Milk
Unsweetened Tea	Coffee	Espresso Shot

**TO MOO OR NOT TO MOO?** Fat Free (skim) and low-fat milk supply a number of nutrients that we don't receive from other foods – such as calcium, magnesium, potassium, and vitamin D. If you can't consume milk, fortified soy milk has many of the same benefits. Fat-free and 1% milk are recommended over 2% and whole milk because the latter contain more saturated fat (thus more calories) and provides no additional nutritional benefit. The Dietary Guidelines for adults recommended 3 servings of milk per day, preferably skim or 1%.



## HOW TO TELL WHETHER YOUR DRINK IS SWEETENED...

Sweeteners that add calories have many different names. If you take a look at the ingredient list to the right, some common caloric sweeteners appear as follows:

- High fructose corn syrup = Corn Syrup
- Fructose = Syrup
- Fruit juice concentrates = Dextrose
- Honey or Sugar = Sucrose



## Why drink water?

- [1] About two thirds of the weight of the human body is water.
- [2] Necessary to digest and absorb certain vitamins and nutrients.
- [3] Aids in digestion of food and helps prevent constipation.
- [4] Flushes toxins out of vital organs.
- [5] Carries nutrients to your cells.
- [6] Provides a moist environment for ear, nose and throat tissues.
- [7] Lubricates and cushions your joints.
- [8] Keeps body temperature normal.
- [9] Protects spinal cord and other sensitive tissues.
- [10] No calories.

# What we SHOULD drink.

Since many of us have a preference to drink beverages besides water, you might be wondering, what are the recommendations for other beverages? The following diagram illustrates an appropriate distribution of beverages for a diet containing a total of 2,200 calories. An important point to note is that regular soft drinks and fruit drinks are eliminated almost entirely. One serving = 8oz. Total = 98oz and approx 200-300 calories.



## 5 tips for reducing sweetened beverages N your diet!

- [1] **Replace them with water.** Carry a bottle with you at all times so you can choose H2O instead!
- [2] **Set a goal.** If you currently drink 3 regular sodas per day, start by setting a goal to drink 1 or 2 per day.
- [3] **Stop buying them!** If they aren't in your environment, you'll be less likely to drink them.
- [4] **Try low or zero calorie beverages instead.** Good old H2O is always your best bet!
- [5] **Drink a glass of water with and between each meal.** No room for sweetened beverages!



## Soda

- \* Soft drinks represent the **number one** source of calories in the average American diet!
- \* The average American drinks approximately **52 gallons** of soda annually!
- \* Carbonated beverages are the **number one** selling product in American supermarkets!
- \* Most Americans are drinking 150–300 more cals per day from beverages than 30 years ago!
- \* One can of soda contains approximately 10 teaspoons of sugar!

# STOP drinking excess calories from beverages and START losing weight

If weight loss is your goal, make the simple change of substituting water or no-calorie beverages for beverages sweetened with sugar (e.g. regular soft drinks, fruit drinks, etc.) and start saving **hundreds** of calories... which over one year can translate into significant pounds lost with fairly little sacrifice!

ELIMINATE OR REPLACE JUST...		WEIGHT LOSS IN ONE YEAR
One 12oz. soda each day		<b>16.5 pounds!</b>
One 8oz. glass of juice (orange) each day		<b>11.5 pounds!</b>
One 20oz. Gatorade each day		<b>13.5 pounds</b>
One 16oz. Snapple lemonade each day		<b>23 pounds!</b>
One 12oz. Starbucks café latte (2% milk) each day		<b>12.5 pounds!</b>
One 16oz. Jamba Juice Citrus Squeeze® each day		<b>29 pounds!</b>
One 5oz. glass of red wine each day		<b>13.5 pounds!</b>
One 12oz. regular beer each day		<b>16.5 pounds!</b>

# Alcohol. at all?

Excessive alcohol consumption causes serious health and social problems. It is associated with heart disease, several cancers, high blood pressure, as well as cirrhosis of the liver, to name a few. It is also linked to traffic and workplace accidents, spouse and child abuse, fires, falls, homicides, suicides and other severe societal problems. Light to moderate alcohol consumption – one drink a day for women and two a day for men – may lower risk of cardiovascular disease, diabetes and gallstones. Keep in mind that many alcoholic drinks have lots of calories and may contribute to weight gain.



Long Island Tea  
600-700  
Calories



Martini  
300-600 Calories



Pina Colada  
500-600 Calories



Champagne  
150 Calories



Margarita  
500-600 Calories

## The BUZZ about caffeine...

Coffee accounts for about 70% of the caffeine Americans consume. Soft drinks make up 15% and tea just over 10%. In **small** amounts caffeine has been shown to improve mental acuity, physical performance, reaction time, visual processing and even mood state. However, more than 400mg can produce adverse effects on performance and mood. Drinking caffeinated beverages in moderation is best. In addition, pregnant women should avoid caffeine because intakes over 300mg per day have been linked with increased risk of miscarriage and low birth weight. **Alcoholic beverages containing caffeine should be avoided due to the potentially dangerous contrasting effects of the caffeine (a stimulant) and the alcohol (a depressant).** This chart lists the average caffeine content of some popular beverages. How does your caffeine consumption compare?

BEVERAGE	CAFFEINE (mg)
Herbal Tea (8oz)	0
Starbucks Decaf Coffee (12oz)	10
Green Tea (8oz)	30
Black Tea (8oz)	50
Coca-Cola (20oz)	60
Diet Coke (20oz)	80
Red Bull (8oz)	80
Starbucks Espresso (1oz)	90
Coffee, filtered, drip (8oz)	100
Starbucks Coffee (12oz)	300

### HEALTHY BEVERAGE RESOURCES

Want to know more about drinking adequate fluids and consuming healthy beverages? The following list of additional resources can provide you with further information on staying hydrated and drinking healthfully.

U.S. Department of Agriculture (USDA): [www.mypyramid.gov](http://www.mypyramid.gov)

Institute of Medicine: [www.iom.edu](http://www.iom.edu)

Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)

American Council on Exercise: [www.acefitness.org](http://www.acefitness.org)