
Rethink Your Drink

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, obesity, and type 2 diabetes.

Eat your calories rather than drink your calories.

How much fluid do you need?

- Children: ~4 to 11 cups of fluids a day
- Adults: ~9 to 13 cups of fluids a day
- Amounts depend on 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.

Benefits of Drinking Water: Your Body's 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). Water is the best choice to stay hydrated before, during, and after physical activity. Water helps maintain your body's fluid balance by transporting nutrients, regulating body temperature, and digesting food. **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 oz) of regular soda has about 150 calories and 40 grams of sugar. That is about 10 teaspoons of sugar! ***To calculate number of teaspoons, divide grams of sugar by 4. One teaspoon is equivalent to one sugar cube or one sugar packet.***

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.



Making Smarter Choices...

Instead of...	Try...
Regular Sodas	Rethinking Your Drink: Drink water Shrinking Your Cup: If you're drinking regular soda, reduce the size of your cup.
Flavored Coffees	Swapping for sugar-free or unflavored coffees. Order sugar-free syrups. Remember that foods and beverages with artificial sweeteners should be consumed in limited amounts. Shrinking Your Drink: Ask for fewer flavored pumps or shots in your drink or order the smallest size available. Skipping the Whip: Save on calories and sugar by skipping the whipped cream.
Flavored Bottled Waters	Making Your Own: Flavored bottled waters usually contain sugar, fructose, or corn syrup. Make your own by placing fruit slices in a glass with water and ice. You will sneak in some vitamins and minerals while losing the added calories and sugar.
Sports Drinks	Swapping for milk. Research has shown that milk may be more effective for exercise recuperation than sports drinks.
Punches	Swapping for 100% juice. Grab a pouch or can labeled "100% juice" (not "fruit flavored," "fruit drink," or "fruit juice.")
Pre-made Smoothies	Making Your Own: When made at home, you have control over how much sugar and calories are going into your drink. Shrinking Your Cup: Order a child's size if available. Many smoothies contain added sugar in addition to the sugar naturally found in fruit, juice, and yogurt.

A day of beverages: How many calories do you drink in a day?

In the table below, find your beverage with calories listed for different sizes. List the number of calories you drank in the far-right column. Add up your calories from beverages for the day.

Beverage	Calories*			How many calories did you drink?
	8 ounces	16 ounces	20 ounces	
Water	0	0	0	
Regular soda	(12 oz.) 150	200	250	
Diet soda	0	5	10	
Milk – skim	85	170	210	
Milk – 1%	100	200	250	
Milk – 2%	120	240	300	
Milk – whole	150	300	375	
Milk – chocolate (low fat)	160	320	400	
Soy Milk	100	200	250	
Milk shake	280	560	700	
100% Fruit Juice	110	220	275	
Fruit Smoothie	200	400	500	
Fruit Punch	120	230	300	
Sports drink (like Gatorade)	(12 oz.) 80	110	(32 oz.) 200	
Energy drink (like RedBull)	110			
Energy drink, low-calorie	(12 oz.) 30	40	(32 oz.) 75	
Black coffee	2	4	5	
Coffee with cream and sugar	50	100	125	
Coffee with nonfat milk and artificial sweetener	15	30	40	
Mocha coffee drink	200	400	500	
Frozen blended coffee drink	(12 oz.) 270	350	(24 oz.) 460	
Sweetened iced tea	100	200	250	
Unsweetened iced tea	0	0	0	
Total calories from beverages for the day:				

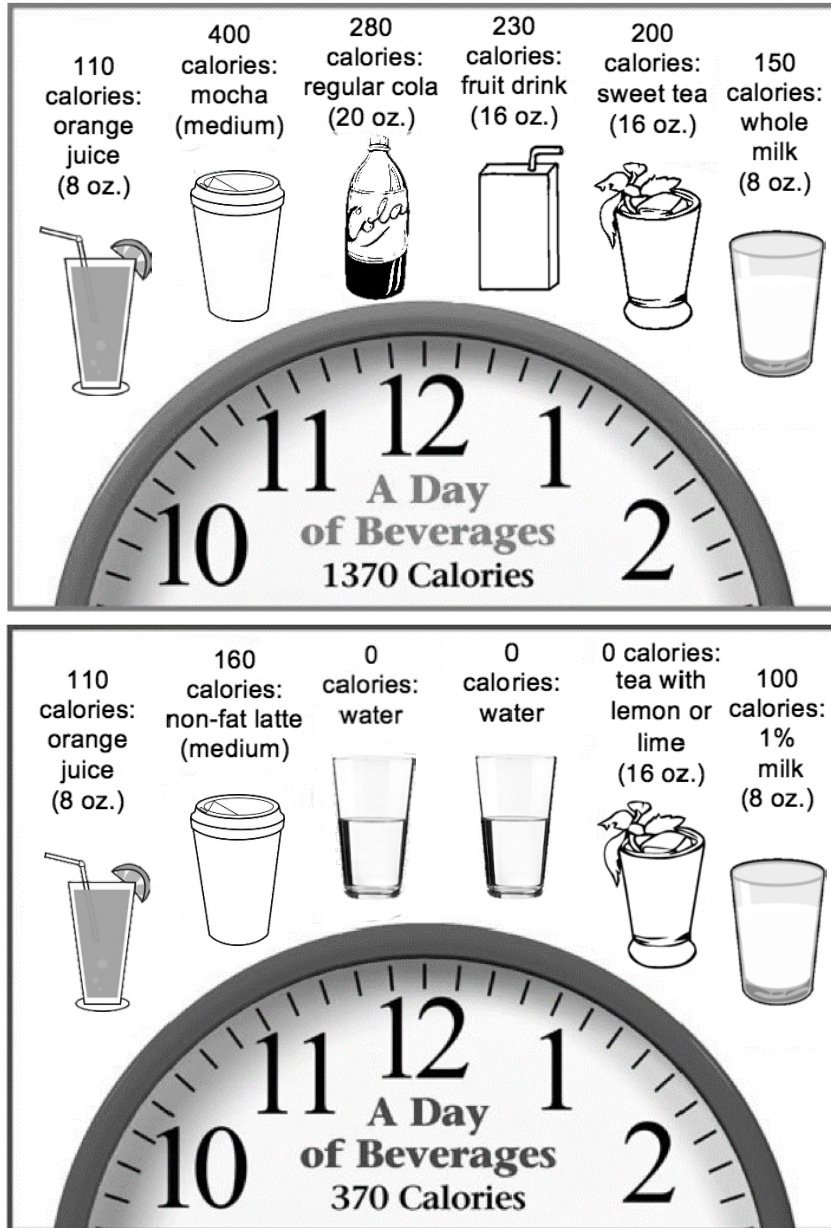
* Calories listed are estimates. Actual number of calories will depend on brands and restaurants.

? How did you do? Are you drinking more calories than you need? Which beverages could you drink less of? Are you drinking enough water during the day?

A Day of Beverages

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!



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