

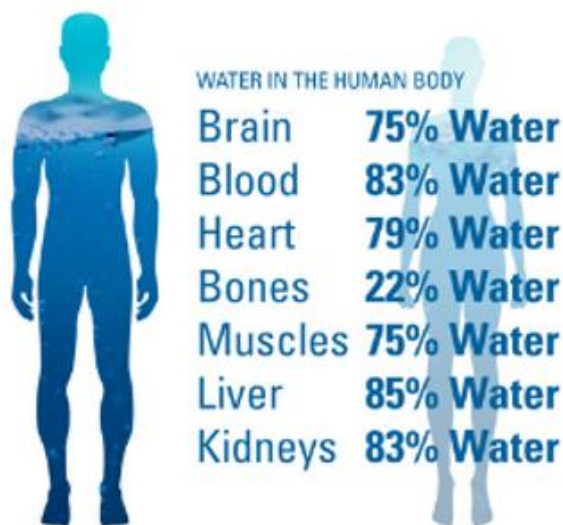
RETHINK YOUR DRINK

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 sugar-sweetened beverages may lead to weight gain, overweight, obesity, and type 2 diabetes.

Eat your calories rather than drink your calories.

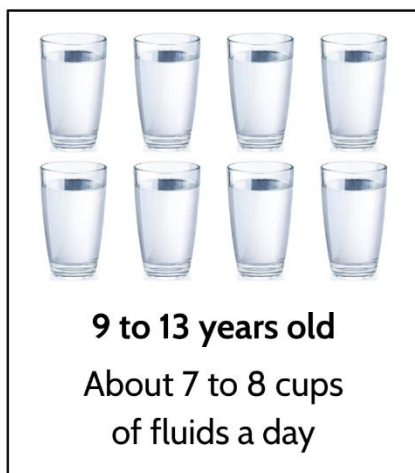


WHY IS WATER IMPORTANT FOR OUR BODIES?



<https://www.usgs.gov/>

HOW MUCH FLUID DO YOU NEED?



Amounts depend on age, level of physical activity, altitude and weather.

- 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 ounces) of regular soda has about 150 calories and 40 grams of sugar. That's 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.

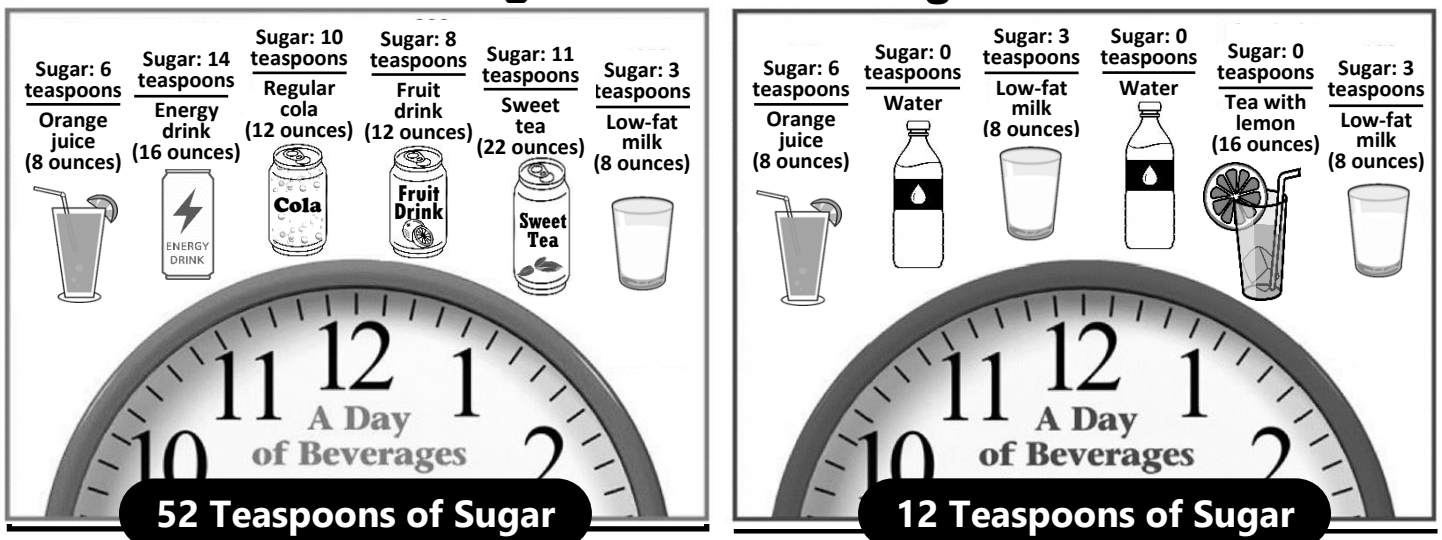
What about juice drinks? Fruit drinks include POG (passion-orange-guava drink), guava drinks, orangeades, and fruit punch. Some might have a little fruit juice, but most just have added sugars, flavorings, and color. 100% fruit juices are made from real fruits, but they also have a lot of sugar and calories.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

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 teaspoons of sugar drop from 52 to 12. That's 40 fewer teaspoons of sugar in one day!

Small Changes Can Make a Big Difference









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.

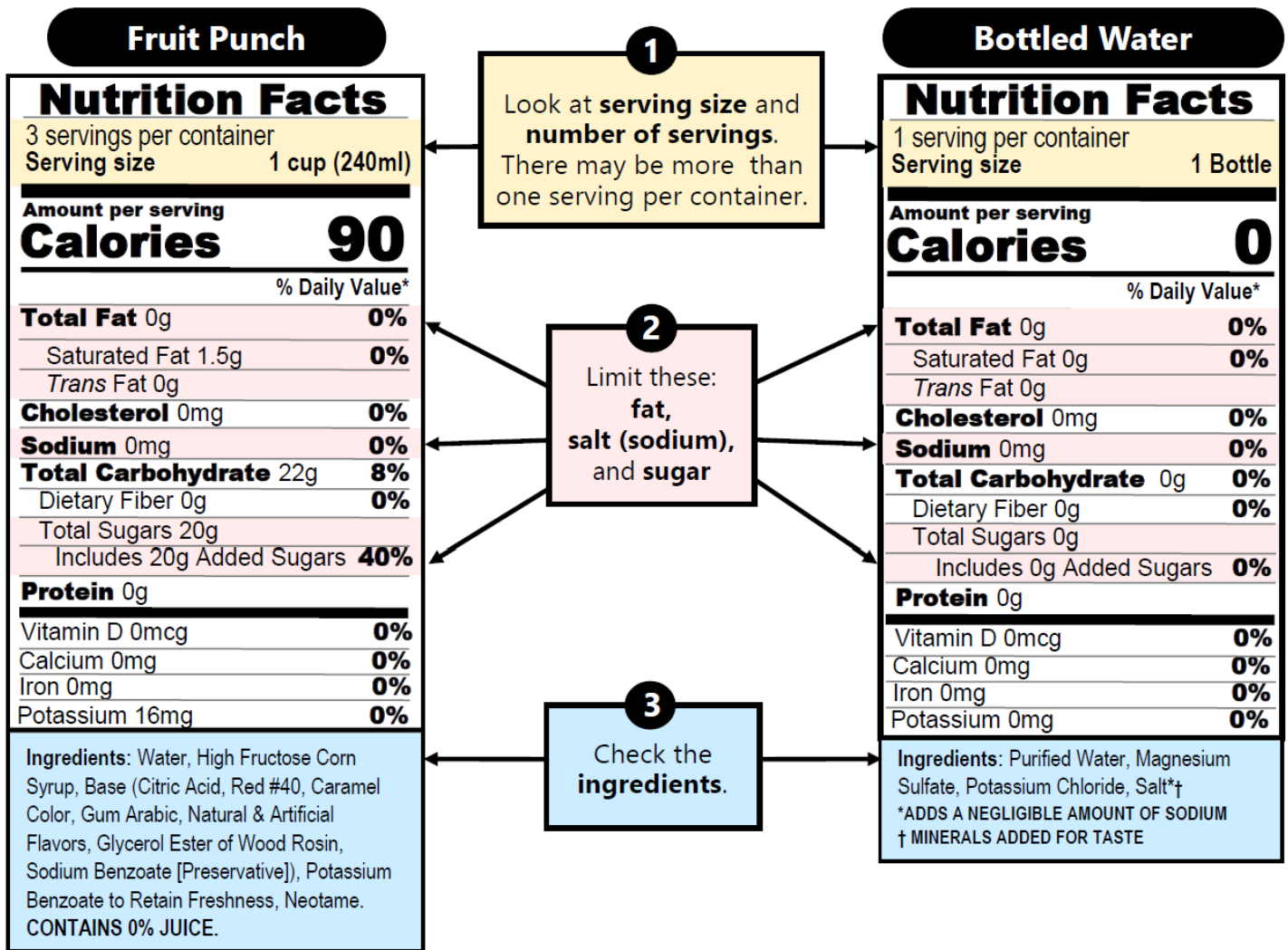
Beverage	Calories*			How many calories did you drink?
	8 ounces	16 ounces	20 ounces	
Water	0	0	0	
Milk – skim	83	170	210	
Milk – 1%	102	200	250	
Milk – 2%	122	240	300	
Milk – whole	149	300	375	
Milk – chocolate (low fat)	160	320	400	
Soy Milk (non-fat)	93	200	250	
Milk shake (chocolate, fast food)	336	560	700	
100% Fruit Juice	124	220	275	
Fruit Smoothie (non dairy)	140	400	500	
Fruit Punch (like Minute Maid)	90	230	300	
Sports drink (like Gatorade)	65	170	160	
Energy drink (like RedBull)	107	(12 oz.) 160	260	
Energy drink, sugar-free	10	20	25	
Regular soda	(12 oz.) 155	200	250	
Black coffee	2	4	5	
Mocha coffee drink	159	400	500	
Frozen blended coffee drink	164	350	(24 oz.) 460	
Sweetened iced tea	79	200	250	
Unsweetened iced tea	2	0	0	
Bubble Tea	132			
Others not listed:				
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?*

Making Smarter Beverage Choices

Instead of...	Try to...
<p>Regular Sodas</p>	<ul style="list-style-type: none"> • Rethink Your Drink: Drink water. One can (12oz.) of regular soda has about 150 calories and 40 grams of sugar. That is about 10 teaspoons of sugar! Drinking one can of soda everyday, without burning it off through physical activity, will lead to 54,750 extra calories or about 15 pounds of weight gain in one year. • Shrink Your Can or Cup: If you are drinking regular soda, reduce the size of your can or cup. 
<p>Flavored Coffees</p>	<ul style="list-style-type: none"> • Rethink Your Drink: Drink water. • Swap for sugar-free or unflavored coffees. Order sugar-free syrups. Remember to limit foods and drinks made with artificial sweeteners. • Shrink Your Drink: Ask for fewer flavored pumps or shots in your drink or order the smallest size available. • Skip the Whip: Save on calories and sugar by skipping the whipped cream. 
<p>Flavored Bottled Waters</p>	<ul style="list-style-type: none"> • Rethink Your Drink: Drink water. • Make Your Own: Flavored bottled waters sometimes contain added sugar, fructose, or corn syrup. Make your own flavored water 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. 
<p>Sports Drinks</p>	<ul style="list-style-type: none"> • Rethink Your Drink: Drink water. • Sports drinks are meant for athletes who do intense physical activity for at least 90 minutes. 
<p>Juice Drinks</p>	<ul style="list-style-type: none"> • Rethink Your Drink: Drink water. • Swap for 100% juice, or an even better choice is to drink water and eat actual fruits instead. Fruit drinks include POG (Passion Orange Guava), guava drinks, orangeades, and fruit punch. Some may have a little fruit juice, but most have added sugars, flavorings, and color. 
<p>Store-bought Smoothies</p>	<ul style="list-style-type: none"> • Rethink Your Drink: Drink water. Many store-bought smoothies have added sugar, in addition to the sugar naturally found in fruit, juice, and yogurt. • Make Your Own: When smoothies are made at home, you have control over how much sugar and calories are going into your drink. • Shrink Your Cup: Order a child's size if available. 

Beverage Label Reading



Formula

How to Calculate Number of Teaspoons of Sugar:

Divide grams of Total Sugars by 4
(One teaspoon is equal to one sugar packet or one sugar cube.)

Food Label Reading

Cheese Puffs

Whole Grain Crackers

Nutrition Facts	
8 servings per container	
Serving size About 13 pieces (28g)	
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 16g	6%
Dietary Fiber less than 1g	3%
Total Sugars 1g	
Includes 1g Added Sugars 3%	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.4mg	2%
Potassium 60mg	0%
Ingredients: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Cheese Seasoning (Whey, Cheddar Cheese [Milk, Cheese, Cultures, Salt, Enzymes], Canola Oil, Maltodextrin [Made from Corn], Natural and Artificial Flavors, Salt, Whey Protein Concentrate, Monosodium Glutamate, Lactic Acid, Citric Acid, Artificial Color [Yellow 6]), and salt. CONTAINS MILK INGREDIENTS.	

Nutrition Facts	
9 servings per container	
Serving size 6 crackers (28g)	
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars 0%	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.4mg	8%
Potassium 116mg	2%
Ingredients: Whole grain wheat, canola oil, sea salt. CONTAINS WHEAT.	

1
 Look at **servicing size** and **number of servings**.
 There may be more than one serving per container.

2
 Limit these:
fat, salt (sodium), and sugar

3
 Check the **ingredients**.

Quick Guide to %DV

- Percent Daily Value is the amount of a nutrient in one serving compared to recommendations for a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.
- 5% or less is "low"
- 20% or more is "high"

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RETHINK YOUR DRINK

How could you use what you've learned about sugar-sweetened beverages to make healthier choices for yourself or to help others in your family or community?
