

# Rethink Your Drink!

It is important to stay hydrated, but be aware of the empty calories hidden in beverages. These calories can add up quickly and provide very little to no nutrients. These sugary drinks do not satisfy you as much as eating food, so it is easy to consume excessive calories. For example, a medium sized orange has about half the number of calories as a 6 ounce glass of juice. The orange takes longer to eat and contains fiber, so it will keep you satisfied longer than juice.

A 12-ounce can of soda typically has around 150 calories and 40 grams (10 teaspoons) of added sugar. Drinking 300 calories per day from sugary beverages could easily lead to a 12 pound weight gain over one year. Follow these tips to rethink your drink:

## Limit sugar.

One teaspoon of sugar is equal to 4 grams of sugar. Read the food label and limit added sugar to 24 grams per day for women and 36 grams per day for men.

## Choose water.

Aim for at least 8 eight-ounce glasses of fluid per day to stay hydrated. This is equivalent to a 2 liter bottle.

## Look for low calorie drinks.

Water should be your first choice, however, some zero- or low-calorie options include: unsweetened tea, regular coffee, or seltzer water. You can also add berries, herbs, lemon or lime to tap water.

## Cut back on sugary drinks.

Avoid sports drinks, specialty flavored coffee, fruit-flavored drinks, sweetened alcoholic drinks, and regular soda.

## Drink water when you are feeling hungry.

Thirst is often mistaken for hunger, and drinking water helps you to feel full.



## Choose low-fat milk.

It contains 60 calories less than whole milk per cup.

## Watch portion sizes of your beverages.

Aim for the smaller size for drinks containing calories.

## Limit alcohol intake to one drink per day for women or two drinks per day for men.

A standard drink is considered 12 ounces beer, 5 ounces wine, 1½ ounces brandy or 80-proof liquor, or 8-9 ounces malt liquor.

## Dilute sweetened beverages, such as juice, with water or seltzer water for a little fizz.

Stick to a 4 ounce serving of juice and choose 100% fruit juice.

## Drink before you feel thirsty.

Keep a water bottle with you and drink throughout the day.

Beverage (12 ounces)	Sugar (grams)	Sugar (teaspoons)	Calories
Grape Juice	63	16	255
Frozen Caramel Coffee	62	15.5	435
Frappuccino	57	14	360
Chocolate Milk	48	12	300
Cranberry or Apple Juice	48	12	195
Fruit Smoothie	47	12	276
Root Beer	47	12	180
Mountain Dew	46	11.5	170
Fruit Punch	45	11	180
Orange Soda	44	10	160
Lemonade	42	10.5	150
Orange Juice	41	10	165
Red Bull	40	10	165
Cola	40	10	150
Tonic Water	35	9	130
Sweetened Iced Tea	35	9	125
Ginger Ale	34	8.5	120
Gatorade G	22	5.5	90
PowerAde	21	5	80
Coffee with 1 sugar packet	4	1	16
Sparkling Water	0	0	0

