

DRINK FOR YOUR HEALTH

Size makes a difference

Look at the estimated **calories** for the common sizes of soft drinks and compare to the amount you drink daily.

Beverage	12-ounce can	20-ounce bottle
Fruit punch	150	240
100% apple juice	170	290
100% orange juice	180	300
Lemonade	170	290
Lemon-lime soda	170	290
Cola	140	230
Sweetened lemon iced tea	120	200
Sports drink	100	160
Unsweetened iced tea	0	0
Carbonated water (unsweetened)	0	0
Water	0	0

It is recommended that you consume no more than 10% of your calories from added sugar. For a person consuming 2,000 calories per day, this amounts to 200 calories or 50 grams of sugar.

Look for hidden sugars.

Sweeteners have names other than sugar. Check the ingredient list for these common sweeteners. If any of these are the first or second ingredient, the drink has a lot of sugar in it.

- High-fructose corn syrup
- Fruit juice concentrate
- Honey
- Corn syrup
- Syrup
- Fructose
- Sucrose
- Dextrose

But it's just coffee.

Whole milk and flavored syrups can add hidden fat and sugar calories to your coffee beverage. Ask for your drink to be made with fat-free milk rather than whole milk to reduce the fat. Skip the extra sugar calories that flavored syrups add.

Sports drinks and soft drinks:

- Contain large amounts of added sugar and calories
- May spoil your appetite
- Can cause tooth decay
- Can increase calorie intake that leads to weight gain

What's the buzz on energy drinks?

The energy comes from stimulants such as caffeine, guarana, ginseng and sugar.

Negative effects of energy drinks

- Difficulty sleeping
- Irritability
- Increased heart rate
- Nervousness
- Increased blood pressure

Choose whole fruit over juice

1 orange	12 ounces orange juice
60 calories	165 calories
12 g sugar	31 g sugar
4 g fiber	0 g fiber

Oranges and 100% orange juice have natural sugar that accounts for most of the calories. While the juice does provide beneficial vitamin C, the calories can add up fast. The fiber in the whole orange helps you feel full. You get more overall nutritional value by eating the orange.