Re-Think Your Drink

JMU Health & PE Institute
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Re-Think Your Drink

• Overview:
  – Reading nutrition facts labels
  – Sugar by any other name
  – High calorie culprits in unexpected places
  – Better beverage choices made easy
Why ReThink My Drink?

- Beverages can add a lot of extra calories to your daily caloric intake.
What are Sugar-Sweetened Beverages?

• Soft drinks, sweetened water, soda, sports drinks, “energy” drinks, colas, sweetened bottled coffee or tea, and sweetened fruit or vegetable drinks

• These may taste great, but have a lot of calories and no nutrients.
Re-Think Your Drink

• How many sugar-sweetened beverages do you consume each day?

• The average American consumes about 28 ounces of sugar-sweetened beverages per day.
# What Do You Drink?

<table>
<thead>
<tr>
<th>Type of Beverage</th>
<th>Calories in 12 oz</th>
<th>Calories in 20 oz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit punch</td>
<td>192</td>
<td>320</td>
</tr>
<tr>
<td>Lemonade</td>
<td>168</td>
<td>280</td>
</tr>
<tr>
<td>Regular Lemon/lime soda</td>
<td>148</td>
<td>247</td>
</tr>
<tr>
<td>Regular Soda</td>
<td>136</td>
<td>227</td>
</tr>
<tr>
<td>Sweetened iced tea</td>
<td>135</td>
<td>225</td>
</tr>
<tr>
<td>Tonic water</td>
<td>124</td>
<td>207</td>
</tr>
<tr>
<td>Regular ginger ale</td>
<td>124</td>
<td>207</td>
</tr>
<tr>
<td>Sports drink</td>
<td>99</td>
<td>165</td>
</tr>
<tr>
<td>Fitness water</td>
<td>18</td>
<td>36</td>
</tr>
</tbody>
</table>
Reading Nutrition Facts Labels

- Be aware that nutrition facts labels may only give the calories for part of the contents.

- To figure out how many calories are in the whole bottle, you need to multiply the number of calories listed by the number of servings per bottle.

- Example:

  90 calories x 1.5 servings = 135 cals
Sugar Spies

- Sweeteners that add calories to a beverage go by many different names and are often hidden on the labels.

- Some common sweeteners are listed below.
  - High fructose corn syrup
  - Fructose
  - Fruit juice concentrate
  - Honey
  - Syrup
  - Corn syrup
  - Sucrose
  - Dextrose

- If you see these on the label, you may be drinking more calories than you think.
ReThink Your Drink

20 ounce Cola

17 teaspoons of sugar
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20 ounce fruit-flavored drink

18 teaspoons of sugar
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20 ounce sports drink

9 teaspoons of sugar
High Calorie Culprits

- Coffee drinks, fruit smoothies, and flavored waters sound innocent enough, but the calories in some of these items may surprise you.
Benefits of Water

• Calorie-free
Better Beverage Choices Made Easy

• How can I drink more water?
  – Add a slice of orange, lemon, lime, or cucumber to your water for zero calories and lots of flavor.
  – Choose water over sweetened beverages at the vending machine
  – Keep water at your desk, in the car, and in your bag to have it when you need it.
  – Don’t like the taste of water? Use a straw. You won’t taste water as much, because it will skip part of your tongue.
  – If you like the bubbly aspect of soda and want to get your daily water needs, try drinking seltzer/club soda/carbonated soda. Seltzer also comes in lots of different flavors too
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